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Thesis

THE ~~SCIENCE~~ SCIENTIFIC ASPECTS OF PROCREATION IN MARITAL RELATIONS

Submitted by

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INTRODUCTION

When we start to build the home, which is the corner stone of the nation and civilization, we must build it with care selecting each stone with the skill of the master builder. Of the many stones which we must select for the building of that home, that of sex congeniality is one. We do not estimate this one above the others, but it is one of the corner stones upon which the future of our civilization rests. Therefore it is our job to hew it with care. May this thesis be dedicated to those who find sex relations a difficult problem in forming a happy home.

This is not an attempt to give an exhaustive treatment of the subject. There are many fields which I will not even mention, which are undoubtedly problems of the home. There are other problems which will only be mentioned in passing. It must be realized that there are cases which this work will not aid perceptably. I would refer these more difficult cases to a physician or rather physicians since this subject cannot be handled by every physician, due largely to the difficulty in securing knowledge in the United States because of such rigid laws governing the publishing of books dealing upon this subject.

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SEX EDUCATION

To some it is trivial.

To some it is unrefined.

To others it is the Hand

Writing Upon the Wall.

"It is becoming more and more widely felt that the risks of ignorant innocence are too great."(1)"Ignorance of the law excuses no man, but quite often the Judge will take into consideration the lack of knowledge of an obscure law. Not so with the laws of sex. If you transgress you pay, and you pay heavily. Your neighbor, your friend, your children, may not know that you are paying and sometimes you yourself may not know that the toll is being taken, but the time will come when you will know and the excuse "If I had only known" will be of no avail." (2). Ignorance is a dear teacher. Out of the puritanical past we have made ignorance one of the requirements of virtue.

It is a known fact that the children of Israel found in the neighboring religions a great deal of sex worship. The lawgivers and prophets of Israel tried to build up a set of laws which would keep their people loyal to their religion. In the endeavor to accomplish this end,they made"sex" synonymous with "sin". Women became the property of the man the same as his horses and cattle. It took the spirit of Jesus to put marriage on a high spiritual foundation and make our conception of"sex" a God given instinct.

Physical love may not be held in high esteem by some, but few marriages are successful without it." We must begin with the found-

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1. Havelock Ellis,"Studies in the Psychology of Sex."Vol.VI.p.43.
2. H.W. Long, M.D. "Sane Sex Life and Sane Sex Living."p.9.

ation rather than the superstructure....We begin at the point where, if they fail, most marriages go wrong. Probably ignorance, selfishness and failure in physical functioning are the rocks and reefs on which most disastrous marriages founder."(1) It is the job of every parent, teacher, preacher, lawyer, and citizen to see to it that this education is given to those who need it. Dr. Malcow has this to say about our educational system of our young people; "Very much time and energy is expended in teaching young people how to conduct themselves in society, how to make a good impression, and girls especially are educated in the art of being attractive and entertaining, and every effort is put forth in the endeavor to make a desirable matrimonial alliance, but no attention is given to what is all-important for the family welfare, for the young couples are left to themselves at the door of the bridal chamber with no rational education relative to their conduct within the confines of that sacred boudair."(2). The primitive people do much better than we do in this training. When the girl begins to menstruate, the women take her out alone and prepare her physically for the marriage relations. They also teach her the art of love in their ceremonies, in their songs, in their dances, and then tell her the other mysteries connected with married sex relations. She is taught how to win and hold her husband. It is a disgrace not to be efficient in the art of loving. (3). Should it not be a disgrace upon us if we,in our high civilization, can not teach our young men and women this one art of home making.

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1. Sherwood Eddy. "Sex and Youth". p. 58.
2. C. W. Malchow M.D. "The Sexual Life" (Introduction)
3. Havelock Ellis,"Studies in the Psychology of Sex" Vol.VI. p.514f.
See

Professor Goodsell says,"Sex education should begin in early childhood, and aim to develop in both boys and girls not only ideals of sex love and sex relations, but habits of self-control that will stand by them in hours of storm and stress when every other bulwark falls away. 'Make a man first; teach him honor, make his word his bond, his first thought for the other fellow---then let him love, and there will be little cause for fear.'"(1). This truely is the method of proceedure if we expect to make a success of our monogomous marriage system in America and the world. And when they do come to us for counsel let us not forget the strength of the forces to be dealt with, for it is during youth especially that sex attractions are so powerful, and delightful. Lord Dawson of Penn. in his book "Love Marriage and Birth Control" says that,"Middle-aged people may be divided into three classes. Those who are still young, those who have forgotten they were young, and those who were never Young." p.13. "Father, remember that you were once a ten year old boy, a seventeen year old boy, and a newly married man----with all the problems that your son will have, and we sincerely hope more problems than your son will have in the future.

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1. Willystine Goodsell, "Problems of the Family".p. 219.
   (Dr. John H. Stokes, "Today's World Problem in Disease Prevention", p. 124, U.S. Public Health Service)

ENGAGEMENT PERIOD PROBLEMS.

Proper age for Marriage.

When to get married is one of the hardest problems young people have to settle in the drama of life. Let us turn to some of the authorities and see what they have to tell us upon this subject. Paul Popenoe (The Conservation of the Family. p.26) says, "Early marriage gives a girl a a wider choice of mates, It results in early and less painful childbearing, with fewer infant deaths. It is more likely to produce children that are vigorous, long-lived, and intelligent. It allows parents to space their children at reasonable distances and still have a family of normal size without exhaustion of the mother. It is advantageous to the education of the children in the home. Finally, early marriage is normally favorable to the vogor and longevity of the mother herself." He further states that they shouldbe married after both have reached their full physical development which is about eighteen for the girl and twenty-one for the boy. He sees a conflict between the call of the physical and the difficulty of marrying before they have completed their education. If marriage is delayed until after both have finished their education they commonly find that both are set in their ways, with a large stock of habits, and moving in a rut. "They do not fit so well into married life, whichrequires a continual give and take----- especially give." p. 24. This early period is also

the period when conception is the most certain, and childbirth is the easiest and safest. (*see* Popenhoe p.24) "In both sexes, early marriage tends to remove the strain on the emotions which is imposed by a long period of celibacy, and which often results in damage to the personality. But it is particularly important to women--so much so that it is little less than a crime to advise girls to wait until they are 30 or more to marry, in order to enjoy life more fully, get a better preparation, or what not." p.25 Popenhoe.

Sherwood Eddy in "Sex and Youth" brings out about the same facts in regard to the strain put upon the young people with late marriages. "Each older generation is likely to forget its own early struggles and to underestimate the stress and strain which youth must ever face when society places economic or moral restraints upon it at the point of this dynamic urge. While it is no panacea, happy marriage has solved more sex problems than all other things combined. (1)

Prof Hornell Hart and Wilmer Shields made a study of the proper age of successful marriages from data collected from the Philadelphia Domestic Relations Court and the Marriage License Bureau. The conclusions are based upon 1000 impartially selected cases. "A careful study of Philadelphia marriages maintained that an age of about 29 for the groom and 24 for the bride was the ideal, although deviations of four years on either side of this age for the groom and two years for the bride make no appreciable difference. This investigation was held to show that marriages where

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1.Sherwood Eddy, "Sex and Youth". p.44.

the bride was under 21 and the groom under 24 became rapidly more dangerous. Where either party is 19 or under, marriages are from 10 to 100 times as risky as marriages at the ideal age; while wedlock for persons over 38 is from two to five times as likely to result in domestic difficulties. In any case both parties should be thoroughly mature. Otherwise either may outgrow the other. The companion one would choose at nineteen is often not the one that would be chosen a decade later."(1). "On the other hand if we take physiological considerations alone, without regard to education, mental maturity or economic circumstances, these would favor early marriage. Forel gives 18 as the optimum age of marriage for a girl." (1).

"Dr. Gilbert V. Hamilton,'A Research in Marriage' holds that two should be about the same age and preferably when the man was about two years older."(1).

With our present economic system it would be a tragedy to suggest that young people get married before they could find a way to support themselves. Some of the young married couples of today find it advantageous for both the man and woman to work to help support the home, rather than live with mother or father. This proves very successful in many homes until the first baby stops; then it is the mother's place to put her child first;which may mean that she quite work unless her work is easy and her health permits.

When is the proper age for marriage? That depends upon so many different factors that each couple will have toddeside that for themselves, after weighing all the facts, and possibilities.

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1. Sherwood Eddy,"Sex and Youth",p.44f and 86f.

Celibacy. Most people have sympathy but not admiration for the man who will choose celibacy because of religious scruples. There are those who have some congenital malformations which should not be passed on to future generations, or which would endanger the happiness of a home. It may be syphilis or gonorrhose which cannot be cured and in that case the celibate life is the only decent way out of the difficulty. There is another group of celibates who are so, not from choice but because they never found the proper individual to join in marriage. This raises the question which is in many a young womens mind, as well as in some young mens minds, "Shall I get married to this person whom I do not ardently love or shall I run the risk of remaining single all my life?" For those who are facing the problem of calibacy let them weigh these thoughts from experts in the field.

Let us first listen to Maude Royden the celibate woman not from choice but as a representative of a great group of English women who cannot find the proper man to marry because of the extreme competition in England at this time, due to war ravages which have robbed England of her best men. Again these women find a vocation or profession more desirable than being tied down to home life. "But I want to emphasize with all my power that the harshness of enforced celibacy presses as cruelly on women as men. Women, difficult as some people find it to believe, are human beings; and because women are so, they want work, and interest, and love---both given and received--and children, and, in short, the satisfaction

of every human need. The idea that existence is enough for them--that they need not work, and do not suffer if their sex instincts are repressed or starved--is a convenient but most cruel illusion." (1).

"Unless an adequate outlet is found for the energy which is denied its normal outlet in marriage and parenthood, that energy is certain to make trouble inwardly. The celibate man too often becomes a contemptible old granny, thinking only of himself, a masturbator and woman-hater. The celibate woman too often develops into a typical 'old maid,' lavishing her affections on a cat or dog, and filled with a deep and imaginary sense of the wrongs which her sex suffers in a manmade world." (2).

Martin Luthur says this oft quoted sentence (Tale Talks) "The more I macerated myself the more I burnt". This is readily understood when we read from Hartley, "For the woman or man who for the religious or any other ideal, wishes to overcome the sex-needs must keep the subject always before her, or his consciousness. Thus it comes about that the ascetic is always more occupied with sex than the normal individual." (3) She does believe that this energy can be sublimated in art, work, music, religion, and other activities. We find the same tendency breaking out in the monasteries of the middle ages when they became rather lax in their relations. Again we find the nuns worshiping Christ as their life mate in psychic physical relations.

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1. Maude Royden, "Sex and Common Sense" p. 37.
2. Paul Popenoe, "The Conservation of the Family" p. 54.
1. Royden 7f.
2. Popenoe 54
3. Hartly 324.

The question of celibacy raises the question in many minds as to chastity and continence, before marriage.

Chastity Continence.

Does a continentlife hurt the individual who is strongly sexed? This is the question many young men are asking, and not a few young ladies. There has been much literature printed upon this subject and many opinions scattered broadcast over the land. Too often there has been a financial interest behind the pet theory of some learned sages of the past, and not too often we find it a reflexion of their own practices. Some of the better known specialists in the field of sexology say today that there is no harm in continence.

"It cannot be too distinctly stated that the strictest temperance and purity is as much in accordance with physiological as moral law, and that the yielding to desire, appetite, and passion is no more to be justified upon physiological or physical than upon moral or religious grounds." (1).

"Sir James Paget, Sexual Hypochondriasis, an eminent English surgeon, says : 'Many of your patients will ask you about sexual intercourse, and some will expect you to prescribe fornication--- Chastity does no harm to mind or body, its discipline is excellent, marriage can be safely waited for."'(2).

"I have, after many years' experience, never seen a single instance of atrophy of the generative organs from this cause.... No continent man need be deterred by this apocryphal fear of atrophy of the testes from living a chaste life." (3)

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1. Lionel S. Beale, "Our Morality and the Moral Question" p. 64.
3. William Acton, "The Functions and Disorders of the Reproductive Organs." p. 97.
~~2. Sir James Paget. "Sexual Hypochondriasis"~~
2. Max. Hubner. Disorders of the Sexual Function." 264.

Dr. Max Huhner does not believe that continence ever causes nervous trouble. But he does say that if sexual indulgence is kept up for some time and a habit formed, that it will be almost impossible for the individual to abstain from sexual indulgence if he is not willing to keep his mind free from sex thoughts and extra sex stimulus such as lude pictures, erotic literature, and spooning.(1). For those who keep their minds free from such thoughts and active on other lines more constructive, there is no reason why they cannot control these sex drives. Dr. Huhner sent a circular letter in 1910 to many of the most prominent neurologists in the United States, asking them if they had ever seen cases of nervous disease which could be attributed to continence. "In practically every case I received the answer, that not only did they consider continence physiological, but that they did not believe, from their experience, that continence ever leads to nervous disease."(2).

In some individuals where the sexual libido is very slight there is no temptation to be anything but continent. If the man never marries until late in life he may find that he is impotent but not because he was continent but because congenitally he never had a strong desire and if he had married young he would have found that his impotence would have come gradually until at that age he would have been impotent.(2).

"No less an authority than Prof. Bryant, the great English surgeon, says:' The student should remember that the functions of

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1. Max Huhner, "Disroders of the Sexual Function." 266.
2. Max Huhner, "Disorders of the Sexual Function." 274.

the testicle, like those of the mammary gland and uterus, may be suspended for a long period, possibly for life, and yet its structure may be sound and capable of being roused into activity on any healthy stimulation. Unlike other glands, it does not waste or atrophy for want of use.'"(1). '"It is a pernicious pseudo-physiology which teaches that the exercise of the generative functions is necessary in order to maintain one's physical and mental vigor of manhood.'"(2). In holding up for continence it must be remembered that Dr. Huhner and Dr. Talmey make 'continence' rather a narrow term. He would exclude all spooning or erotic thinking from those who are continent. He claims that spooning for hours in the evening and stimulating the sexual organs to a high pitch and simply stopping short of an ejaculation is not continent. By "Chastity" Dr. Huhner and Dr. Talmey mean the abstinence from coitus.(3). Dr. Malchow also is a very ardent believer in continence, in fact most of the modern writers are very strongly in favor of continence. There are so many dangers connected with unchastity which are likely to make married life a failure.

Another problem which is confronted by many people is the question of continence in marriage which is having sex relations only for procreation. This is an entirely a different matter. In the intimate relations of marriage the sex stimulus is much greater than it is in normal life before marriage. Most of the authors would not advocate such a proceedure in the marriage state; in fact Huhner, Long, Butterfield, Talmey, and

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1. Max Huhner, "Disorders of the Sexual Function." p. 262.
2. Max Huhner, "Disorders of the Sexual Function." p. 262ff.
   (James Foster Scott, "Sexual Instinct" p. 99)
3. B. S. Talmey, "Love" p. 177.
   Max Huhner, "Disorders of the Sexual Function". 262ff.

others would advocate mutual masturbation in cases where the wife could not enter into the relation for some reason or other. They do not think it is a sound policy to follow all the time, however, and would advocate continence where the strain is not too great.

Marie Stopes in speaking of continence in marriage, says: "...and whether these people realize it or not, with few exceptions, they wrong their partner, they wrong themselves, and they wrong the community in which they live, by ignoring other facts and laying too heavy a burden on their own shoulders. One of the least serious, but most annoying, results to the community is a harshness of judgment, an irritableness and a tendency to quarrel and bicker, which such people frequently develop. A wise moderation should be exercised."(1).

Sex Relations Before Marriage.

The question has arisen in many minds, burning with the heat of a new desire, "Why not have sex relations now that we are just the same as married? We are married under the laws of heaven if not by the laws of the state. We cannot get married quite yet but soon we will be through school or we will soon be financially able, or our family obligations will soon be over then we can get married but in the mean time why not just have this supreme pleasure and if anything comes of it we willget married and no one will ever be the wiser, but nothing will happen for we are too wise! Some of the reasons why this should not be are as follows:

1."The mere consciousness of loss of virginity has let in some sensitive persons, especially women, to a feeling of inferior-

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1. Marie C. Stopes,"Wise Parenthood",p.20.

ity and an unwillingness to marry because of supposed unworthiness" (1).

2. In the woman almost invariably there arises a sense of shame and secrecy. From the psychologists point of view this is what causes many women to commit suicide or go insane worrying ove it. The man is built of different fiber and it does not affect him in the same way and he cannot see why the reaction on her is so disastrous. She may be just as willing and curious and desirous for the experience as the man but the after effects are not the same. She has built up within her the inhibitions of generations against such action. These taboos cannot be thrown over at will.

3. When she crosses this threshold she has sacrificed her most and only remaining God-given charm to the man she loves. She gave to him what see can never give to another--her virginity. He must take her now! She belongs to him! It becomes a horrible thought panic in her mind,"Does he really love me?" "Did he mean all he said?" She has started something which is not easy to finish. She must give in to his passion the next time to retain his love, and then again, and again.

4. There is no source of pleasure in it for the average girl. (a) The breaking of the hymen is very painful at the first experience of coitus, and for some weeks afterward the pain of the healing tissues takes away all pleasure from the act. (b).The fear o f pregnancy is always haunting her during coitus and keeps her from enjoying it.

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1. Paul Popenhoe, "The Conservation of the Family"p.56.

c. The fear of being found out is always present in the woman, because her life reputation is at stake.

5. "The degenerate gives in when he is faced with defeat. In his cowardice he resorts to antisocial forms of compensation, such as immorality and crime. One of the tests which reveals weakness in character is the demand that civilization makes upon the individual in his sex life. The degenerate cannot live up to the requirements of culture. Sexual continence before marriage imposes too severe a strain upon him. Economic factors which necessitate late marriage in modern times adds to the strain. The degenerate succumbs to his instinctive urge by falling tinto the easier path of immorality." (1).

Pollutions. Polutions, which are known as "Wet Dreams" or "Night Dreams" occur in the normal person not oftener than once in ten days. These polutions are accompanied by rest and a sense of peace. "Rohleder considers even two nocturnal pollutions a week normal. In considering the number of pollutions, one must not go by the number in any particular week, but by the average of several weeks."(2) There may be a space of weeks when there may be no pollutions, then two or three times in one week or even in one night without cause of alarm. The sexual habit of the individual will determine to some extent the number of pollutions. The man having intercourse twice a week for years will have more pollutions than the man who has intercourse once a week or once a month, as a general rule. (see (2)).

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Weyland E. Vaughn, "The Lure of Superiority" p. 9.
2. Max. Hühner, Disorders of the Sexual Function." 109f.

"In the normal cases the patient experiences during the night an erotic dream, which is accompanied by an erection of the penis and ejaculation. He is generally awakened during the process of ejaculation. Sometimes, however, he continues in his sleep, and upon awakening in the morning discovers that he has had an emission. In some cases no dream accompanies the ejaculation, or at least is not remembered by the patient. (1).

Some young men think this is a symptom of their losing their manhood and become frightened. Often they think they have to have coitus in order to remedy the situation and in this way may be led to illicit relations and probably venereal disease. The tragedy comes when the man goes to the quack doctor and is told various things which confirm his beliefs and the man is frightened out of every cent he can make. If he went to the physician in the first place there would be no trouble. It is a sad story when the father of the boy does not understand the condition of his son and also heaps coals of fire upon his head to keep him from masturbating or going out with women.

In the normal cases the dreams take the trend, in those who have had normal intercourse, of reliving the experiences over again. In the pathological cases the ejaculation comes at the first attempt at coitus,in this dream drama. However, in the normal cases where

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1. Max Huhner, Disorders of the Sexual Function." 121f.

two or three come the same night the first one may be of normal duration while in the latter ones the ejaculation comes too soon. It is not a point of alarm or disgrace if the dream takes as its object some object other than a wife or sweetheart or another man's wife, or a close relative. In the neurotic patients Freud would not agree with me in this last sentence. Dr. Robie finds very few individuals which do not find an exhilerating, steading, tonic effect from polutions. He does,however, tell of very disastrous effects of polutions upon those individuals who have read quack literature which has frightened them regarding such things. "...so me men and a few women have told me that erotic dreams with emissions or orgasm came regularly, fairly frequently, and that moderate erotic excitemtnt during the day or evening, caused by contact with the other sex, seeing vaudeville or reading suggestive literature would be followed at night by an erotic dream and emission or orgasm, after which there was relief, a clearing of all the faculties and no more tendency to erotic excitement for some days and perhaps not for weeks, when the same hyperesthetic psychic and physical condition would return, to be relieved in the same salutary manner." (1)

Some people have never suffered from the physical, and very little from the psychic symptoms of sexual abstinence and almost never experience a polution. "Others of both sexes from the psychic symptoms of sexual excitement was with them cumulative in its action. Th

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1. W. F. Robie. " Rational Sex Ethics" 120.

The various psychic and physical erotic stimuli produced stronger and morelasting results from day to day. The mind, in spite of every effort , would dwell more and more on these subjects and the physical symptoms of pain in ovaries or testes, erections of penis or swelling and moisture of the albia, almost constant local sensation and finally pain in the back and loins and a general feeling of bodily discomfort with a mental condition bordering upon obsession would result. During all this time there might be erotic dreams and great sexual excitement during sleep, but no culmination and the condition after sleep would be worse than before. If the will power were sufficient after a time there would be in sleep an orgasm which would give temporary relief and then the symptoms would be repeated. " (1). (see page____)

The pathological polutions are the direct opposite to the normal polutions. The penis is only slightly erect, the discharge comes often, and the patient feels depressed for a period, and the patient is tired instead of relieved. The pathological condition calls for the best physicain for treatment and advise. The quack doctor in these cases is to be shunned by all means. Dr. Huhner tells us that polutions never lead to insanity, death, or other nervous conditions, but sometimes in rare cases lead to impotence. (1)[2]

It is well to bear in mind the effect of the mind upon the sex organs. Under mental sexual stimuli such as spooning, erotic literature , or day dreaming there will be added stimulus to the sex

2. Max. Huhner,"Disorders of the Sexual Function" 121ff.

I. W. F. Robie. "Rational Sex Ethics". 121f.

organs and the glands will become engorged and as a consequence a polution can be expected that night, without alarm. Where polutions occur at the sight of a woman, touching a woman in a crowd, or merely thinking of one, in these cases it is far more serious. (see Psychic masturbation p.___) This should not be confused with a slight discharge from the penis after spooning for some time. In this case there is no force behind the discharge neither is there a marked pleasurable feeling connected with its discharge, but it flows out unconsciously. This is perfectly normal and is the secretion of certain glands in the male organ for the purpose of a lubrucant in the act of coitus.

"Polutions in the female are much less frequent than in the male, and also much less understood than the former variety. The fluid generally consists of the secretions of the Bartholinian glands. The condition in virgins is generally due to masturbation and in married women either to ungratifying coitus (premature or rapid ejacula ion in the male) or to enforced abstinence on account of death, absence or impotence in the husband, in the cases of women with pronounced sexual passion.

"Just as in the male, the condition may be accompanied by erotic dreams which are different in virgins than in married women, on account of the difference in the sexual experience. As is well known, there are many erotic zones in different parts of the female anatomy, the stimulation or irritation of any of which may give rise to either libido or polutions. Just as in the male, these polutions are the result of stimulation of the ejaculation center ,

,and the impulses may come either from genitals or any other erotic zone, ore from the cerebrum. Sometimes these polutions are accompanied by the same feeling of depression and general nervous symptoms , as in the male. The condition is not at all serious, and is relieved by bromides and cold baths."(1).

This is nature's way of relieving a congestion of the sex organs. Even after happily married these experiences will occur. They may not be ideal in their associations but this cannot be helped. Let each one in this new life know the other and understand the other's problems and desires. Often times this is an ideal time for the woman to have her husband's love. She is in tune with all the laws of nature. This same rule cannot be applied to the time of dreams in the man, as a general rule, however, there is no reason to the contrary if both parties are congenial.

Too check the normal pollutions and sex libido if they are troubling the individual too frequently, the following rules will be helpful, clean thinking, no spooning, exercise, no stimulants, no eggs, or oysters, cold bathing in the morning, never a hot bath, or an over abundance of bed clothes, never lie on the back (makes an undue pressure upon the erection and ejaculation nerve centers in the spinal column which will cause pollutions in some cases), regular habits of urination especially just before going to bed, and imediately upon awakening in the morning. (2). These will also be found helpful in pathological cases of pollutions.

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1. Max Huhner, "Disorders of the Sexual Function."p.136.
2. Max Huhner, "Disorders of the Sexual Function."p.(133f).

Male Sex Organs. As a part of the education which the bride and bridegroom should have, the biology of the sex organs in indespensible. They should know how these are made and how they work in every detail. On pages 22 and 24 the male sex organs are shown in diagram form.

Penis. The sex organs consist, broadly speaking, of a penis and testicles which are on the outside of the abdomen, and the seminal vesicles, prostate glands, ejaculatory duct, Cowper's gland, and tubes connecting these together enabling them to function together.

The penis is from three to four inches long and about one inch or more in diameter, in the relaxed condition, but when filled with blood it becomes erect and solid enabling it to enter the vagina in the act of coitus. In the erect condition it is, on the average, six or seven inches long, and from one inch to two inches in diameter. It is almost perfectly cylindrical, and slightly smaller at the base. Its outer extremity or head is slightly larger than the main body. It is of a soft sensitive nature for just under the skin are located the nerves which are stimulated by friction and which excite the ejaculatory nerve center into action. Protecting this head of the penis is a loose elastic skin, unless it has been removed by circumcision. Under ordinary conditions the penis hangs limp between the thighs, and one is not conscious of it.

Testicles. "The testicles are two firm, oblong glands enclosed in a soft flexible sack, the scrotum, hangs just below the penis, between the thighs."(1). In many men one of the testicles hangs lower than the other and is larger than theother, but this is quite common and nothing to worry about. "The function of the tes- (page 26)

1. Olever M. Butterfield, "Marriage".p.16.

MALE ORGANS:

Side View.

EXPLANATION.of Diagram.

" The bones are indicated by dotted lines.
Sa, Sacrum, the largest of the bones at the end of the spine.
Cx, Coccyx, the tip-end bone of the spine.
Sm, Symphysis, the front meeting place of the bony gridle or pelvis.

EXCRETORY ORGANS.

"R, Rectum, which carries away the solid waste matter from the bowels.
A,Anus, the opening of the rectum.
Bl, Bladder, which holds the waste water or urine. Here shown nearly empty. When full it is much larger.

SEX ORGANS.

" P. Penis, which fits into the vagina during the sex act, it is here shown relaxed.
G. Glans and Prepuce, or Fore-skin.
Uth, Urethra, the passage which carries away the waste water or urine, and through which also the germs of life pass during the sex act. The urethra is here shown empty. (The next plate shows it distended).
T, Testicle, of which there are two, and in which grow the spermatazoa, or germs of life.
Sc, Scrotum, the bag which holds the testicles.
E, Epidydimis, where the spermatazoa are finished and stored.
Vs_1,and Vs2,Vas Deferens, which carries the spermatazoa to the urethra. There are two of these tubes, one on either side of the bladder.
SV, Seminal Vesicle, or which there are two, one on either side of the bladder.

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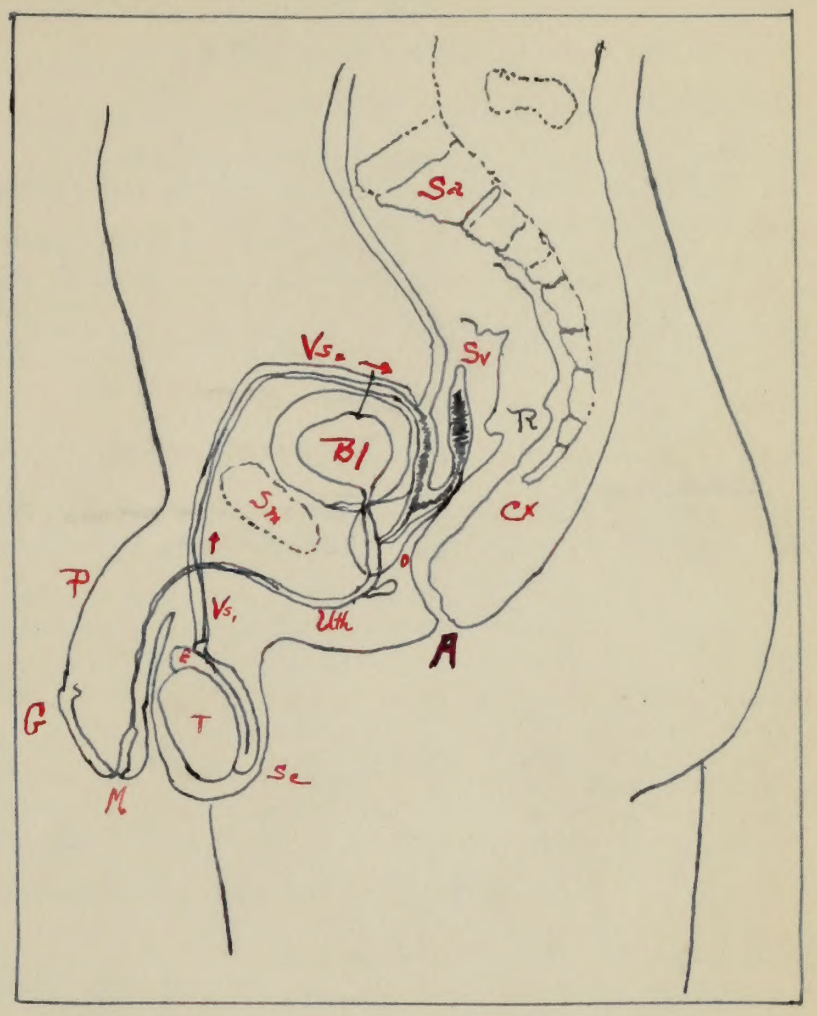
Pr, Prostate Gland, cut across to show the inside. The seminal vesicles and the prostate gland each secrete a liquid that forms part of the semen and which acts as a carrier and stimulant for the spermatazoa.
D. Ejaculatory Duct, which expells the spermatazoa at the climax of the sex act.
CG. Coper's Gland, a tiny gland the function of which is obscure.

Taken from Mary Ware Dennett,"The Sex Side of Life"p.25(The diagram was taken from R.L.Dickinson by Mrs. Dennett),



MALE ORGANS,

Side View.

Slightly more than one third life size.

"A vertical section through the middle of the body. The generative organs are shown in heavy outline; the orinary organs and other parts of the body in lighter outline."

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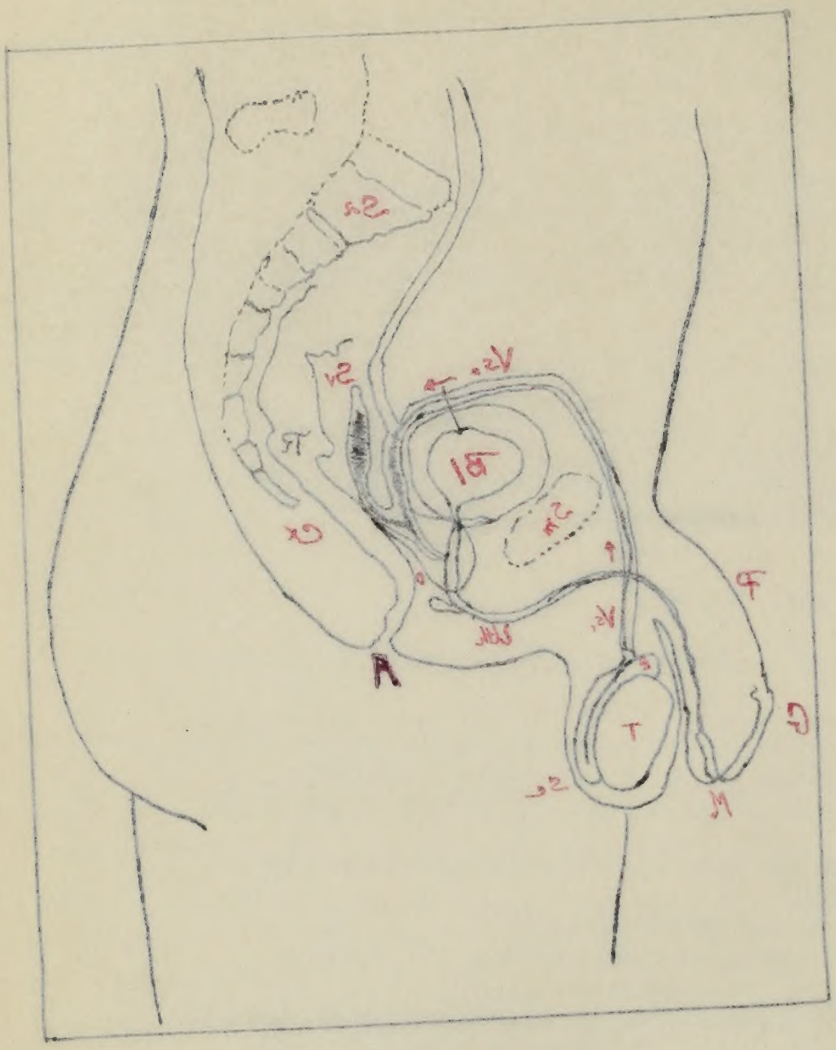
Taken from Mary Ware Dennett, "The SexuSide of Life" p. 24 (being a copy from R.L.Dickinson.)



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Side View.

Slightly more than one third life size.

"A vertical section through the middle of the body. The generative organs are shown in heavy outline; the urinary organs and other parts of the body in lighter outline."

****

Taken from Mary Ware Dennett, "The Sex Side of Life" P. 24 (being a copy from R.L.Dickinson.)

Excretory Organs.

K_1, Outline of the lower part of the Kidney

K, The Kidney cut open to show the structure.
K2, The minute Kidney structure, greatly enlarged.
Pl, The basin where the urine collects.
Urtr, Ureters, which carry the urine to the bladder. They are actually about 10 inches long, but are here shortened to save space.
Bl, Bladder, not distended. The dotted lines indicate the openings of the two ureters.

SEX ORGANS.

Uth, Urethra, shown distended.
M. Meathus, the opening of the urethra, through which both the urine and the semen are passed.
Ti, Testicle, turned sideways and cut across to show where, in minute ducts in compartments, the spermatazoa are manufactured.
T2, Testicle, hanging in place in the scrotum.
Sc, Scrotum.
E, Epididymis. Outside.(see page 23).
Eh, Epididymis head. Inside view, spread out to show structure.
Et, Epididymis tail.
Vs, Vas Deferens, or Seminal Duct, leading to ejaculatory duct (see page 23). On the left side it is shown cut across to reveal the tiny tube which carries the spermatazoa.
Cd, Spermatic Cord, made up of muscles, nerves and blood vessels, in which the vas deferens runs through the opening in the abdominal wall into the interior of the abdomen. The actual length of the vas deferens is about twelve inches. The diagram foreshortens it to save space.
SV, Seminal Vesicle, cut across to show the inside, and pulled to one side, to show the form.
SV2, Seminal Vesicle, outside view, and showing its proper place back of the bladder.
Pr_1. Prostate Gland, cut across to show the inside.
Pr2. Prostate Gland, outside view.
Sp, Spermatazoa, front and side views, greatly magnified. Set end to end it would take 500 to span an inch. Over 200 million spermatazoa are released in a single ejaculation."

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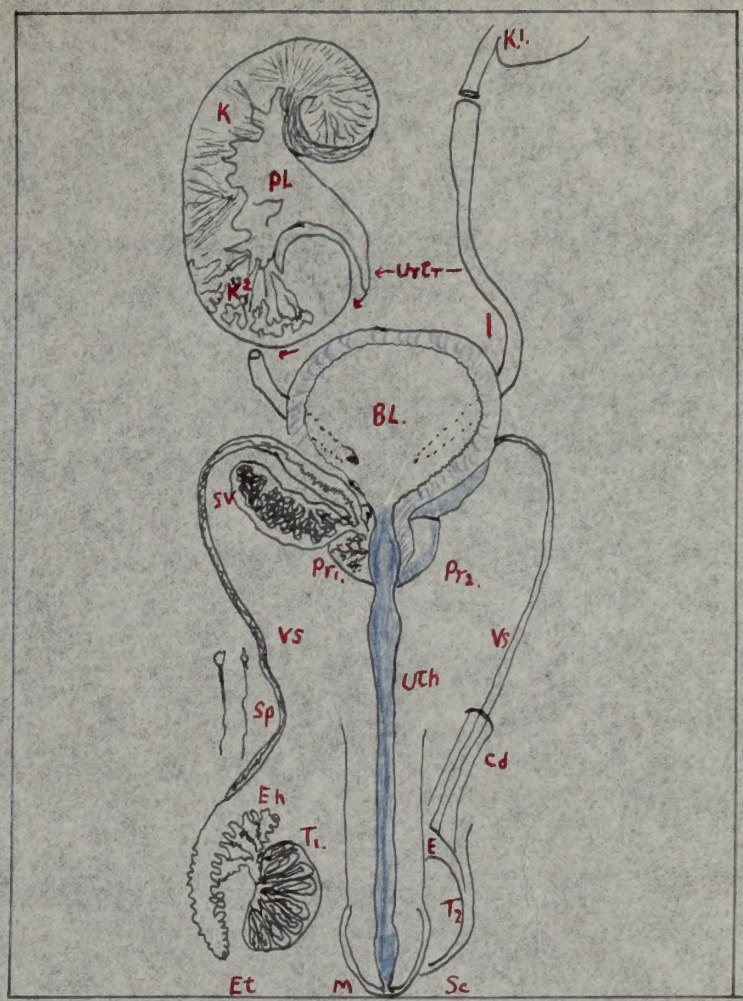
Mrs Mary Ware Dennett, "The Sex Side of Life" p.27.



MALE ORGANS, FRONT VIEW.
from R.L.Dickinson
found in M.W.Dennett "The Sex Side of Life"
Slightly more than one third life size.

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"The male sex organs and the urinary organs are closely related, so this plate includes the kidneys, which collect the urine or waste water and the two ureters which convey it to the bladder, where it is held till it is passed from the body."(1).

"On the right side of the diagram, the lower part of the kidney is outlined, but to save space is placed nearer to the bladder than it actually is, the ureter being really ten inches long. On the left side the other kidney is shown in its right size in relation to the other organs, but not in its proper place which is ten inches higher. It is cut in two, to show the inside."(1).

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1. Mary Ware Dennett, "The Sex Side of Life" p. 26.

MALE ORGANS; FRONT VIEW.
From Ri.Die Frucht
found in M.W.Dommett "The Sex Life of Life"
Slightly more than one third life size.

"The male sex organs and the urinary organs are closely related. To this plate include the kidneys, which collect the urine or water, water and the two ureters which convey it to the bladder, where it is held till it is passed from the body."(1).

"On the right side of the diagram, the lower part of the kidney is outlined, but to save space its placed nearer to the bladder than it actually is, the ureter being really ten inches long. On the left side the other kidney is shown in its right size in relation to the other organs, but not in its proper place which is ten inches higher. It is cut in two, to show the lining."(1).

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1. More Sex Dommett, "The Sex Life of Life" p. 11.

ticles is threefold. There is first the inner secretion of certain substances, spermines, which are the cause of the male secondary characteristics. Eunuchs who have been operated (castrated) upon before puberty show feminine traits in their appearance throughout their lives....Secondly, certain stimuli starting from the testicles serve to increase the tonus of the centers of erection. The main function of the testicles is the production of spermatozoa." (1).

It is the spermatozoa which gives to the semen its active nature for they are in ceaseless motion as long as they live.

Urethral Glands.

The urethral glands secrete a viscid clear fluid which along with the secretion of Cooper's glands serves as a lubricant for the walls of the urethra. The other function is to neutralize the acid urine which may be in the urethra, before the spermatozoa come into the urethra, for the acid would kill them. This fluid may help as a lubricant in coitus, but most of the lubricant comes from the female glands.

Seminal Vesicles

The seminal vesicles have several functions. One of the most important is to stimulate the erection center. Their main function is to act as a reservoir for the testicular secretions. The third function is to reabsorb the unejaculated sperma. The forth function is to furnish a fluid for the dilution of the very thick testicular secretion and a medium where the spermatozoa can best carry out their motions. The secretion of these glands is a peculiar mucus, which is thin, fibrinous, glairy, and albuminous. This secretion constitutes the bulk of the semen.

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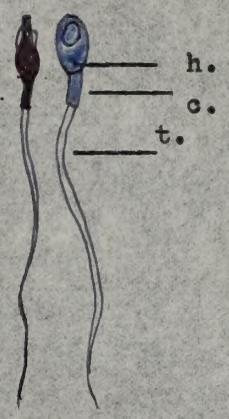
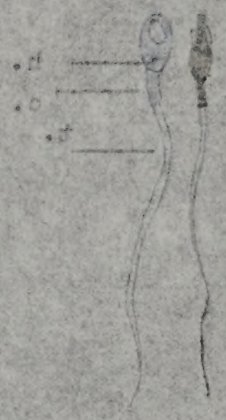
1. B.S.Talmey, "Love". 69.



HUMAN SPERMATOZOA (Williams)

h., head; c., intermediate portion; t., tail.

(Taken from"Sterility and Conception" by Charles Gardner Child, Jr. M.D.; page 35).



HUMAN SPERMATOZOA (Williams)

h., head; c., intermediate portion; t., tail.

(Taken from "Sterility and Conception" by Charles Gardner Child, Jr. M.D.; page 58.)

Prostate. "The prostatic gland has a double function. It is the main point where from the stimuli for the sexual impulse start. The internal secretions of the prostatic parenchyma send libidinogenous substances into the blood. The colliculus, rich in nervous elements, send also out nervous libidinogenous stimuli. The principal function of the prostate is its secretion which imparts to the otherwise sluggish spermatozoa their lively movements. The secretion of the prostate is thin, milky, translucent, amphoteric or slightly acid. It contains the base spermin which causes the peculiar seminal odor. The secretion gives to the inert spermatozoa their motion and life."(1).

Cowper's Glands. "The cowper's glands secrete a mucous albuminus fluid of alkaline reaction. The secretion takes place before the ejaculation of the semen."(1).

Semen. The semen is the fluid of ejaculation and is a combination of fluids from the various glands of the sexual apparatus, the testicles, the seminal vesicles, the vas deferens, the epididymus, Cowper's glands, and the prostate gland. The spermatozoa come from the testicles, and each has a very definite entity, consisting of a head, a middle piece and a tail.(see diagram,p.27).

"When a drop of fresh semen is observed under the microscope, it is found full of motion, as if an anthill had been stirred up. This motion lasts for about twelve hours. It is caused by the living spermatozoa. The number of spermatozoa in an ordinary emission, of about ten gammes, is about two hundred to three hundred millions." (2).

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1. B.S. Talmey, "Love". p. 72f.
2. B. S. Talmey,"Love". p. 74.

Spermatozoa. "The spermatozoa of themale testicles have been found alive and in motion throughout the entire generative tract of the female. Their movements are said to continue from twenty-four to forty eight hours outside of the body, but they are active in the uterus and Fallopian tubes for six or seven days after emission. The experiments of Haussman show that the spermatozoa lose their power of motion in the vagina within twelve hours after ocitus, and hence cannot be fructifying. " (1). There is developing a new science of fertilization in the field of animal breeding. The semen is secured from the vagina of the mare or cow and placed in capsules and mailed to other parts of the world and injected into the vagina of other mares and cows which are in heat at that time. It has proven very successful and has enabled one stallion or bull to reproduce many of his kind at a low cost. This method has even been used with race horses between the United States and England. The spermatozoa according to Dr. Konikow have the power of traveling within the vagina and uterus at the rate of an inch in two minutes, and also have the ability to live in the uterus for several days.(2). "The male element necessary for fecundation finds its way into the Fallopian tube of the female very largely by reason of its own inherent motive power."(1). (see page 106)

These spermatozoa, which are found in large numbers in the seminal fluid, thrive in the alkaline mucus of the internal female organs, which actually favors their movement. They are not arrested

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1. Malchow "The Sexual Life". page 261f.
2. Konikow "Voluntary Motherhood" p. 10.

by contact with the menstrual blood. All of the alkaline animal fluids of moderate vacidity favor the movements, while the action of acid or of very dilute solutions is unfavorable. 'The movements are suspended by extreme cold, but they return when the ordinary temperature is restored!' (Flint) So much vitality do these spermatozoa possess and so great is their motility that cases have been known in which pregnancy has occured without actual sexual connection, but where the semen has been deposited at the vaginal orifice."(1)

"Lade has estimated 200,000,000 as the number of spermatozoa present in a single ejaculation, only one of which eventually produces the impregnation." (2). "The number found in an ordinary emission of about two drachms of seminal fluid is variously given from 30,000,000 to 500,000,000, depending somewhat upon the time that has elapsed since the previous ejaculation(Sturgis)(1). Malchow thinks that the more spermatozoa produced the greater capacity of the individual to preduce them.(p 193)

It may be said here that it is not always quantity that determins the fertility,but rather the quality of the spermatozoa. Another way of studying their vitality is by studying the smears from the Vagina and Cervical canal within two hours after normal coitus. It is not unusual to find only dead spermatozoa in the Vagina and live ones in the cervical canal at the same examination. (3) The head of the spermatozoa is about .0006 millimeters long.

~~5.-For-furthur~~ study see,Child,"Sterility and Conception"p.56. 193f.
1. Malchow,"The Sexual Life." p. 261f.
2. Charles Gardner Child,"Sterility and Conception".p.57.

The tail,which is the driving force,is able to move the tiny head along at the rate of 2 to 3 millimeters a minute. (1). So much vitality do these spermatozoa possess and so gre at is their motility that cases have been known in which pregnancy has occured without actual sexual connection, and where the hymen is still in tact, but where the semen has been deposited at the vaginal orifice. (1 . Konikow) (2).

After p berty the testicles of man and the other glands secrete their fluids constantly. Under excitation of sexual desire they secrete much more rapidly. In the animal world we find certain animals which breed only at certain seasons of the year and at this time it is noticed there is a swelling of these glands. (3). "When the seminal fluid is not expelled during an emission by orgasm, it may be discharged slowly and in small quantities into the urethra and expelled with the evacuations."(3). There seems to be some difference of opinion upon this subject,however, since some authorities hold that the secretions are absorbed into the body if not ejaculated. (see masturbation page ——)

"Sometimes after prolonged spooning or erotic thinking men will feel a fullness or aching in the testicles and the ejaculation center will be stimulated until an ejaculation will occur during sleep. (3) It also happens in some men later in life when they have been denied the regular rotine of intercourse which has become a habit with them. Sometimes artificial means of ejecula-

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1. C.G. Child,"Sterility and Conception" p. 57
2. Kalchow; "The Sexual Life" 261 p 10
2. Konikow; "Voluntary Motherhood" p 10

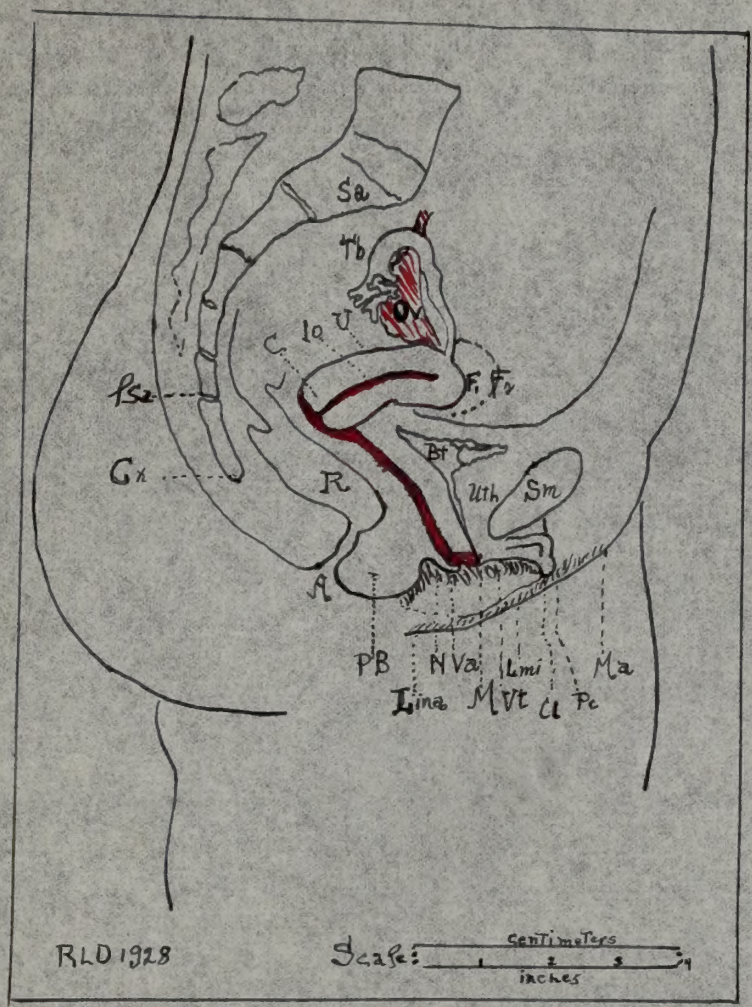
tion is resorted to with out relief. In this case the mind sex instinct should be sublimated as far as possible in other activities of interest, with perhaps an artificail ejaculation other than intercourse, but by all means not by psychic masturbation.(see page ___). Over sex indulgence will only make the matter worse.

FEMALE SEX ORGANS.

The female sex organs are different from the male organs in one very noticeable aspect and that is that they lie mostly within the body of the woman. For this reason they are less understood by the woman than the male organs are by the man. They are also, much more delicate and much easier injured by those who do not know and understand their construction. For that reason we will discuss at some length the female organs of reproduction. (see Diagram on page 33). There are a few details which need further discussion thanis given by Mrs. Dennett in this diagram.

Vagina. "The vagina itself is a very stretchable, wrinkled tube running up from the hymen to where it connects with the uterus or womb. Normally the vagina is about three and a half inches in length, But so loosely is the uterus lodged in the abdomen and so elastic are the walls of the vagina that, under sexual excitement, it may be stretched up into the body for as much as six inches with no discomfort. Not and then some woman may find that her vagina may be shorter than this and such discovery need cause no alarm or any serious difficulty.(see page___). (1). "The length of the vagina varies in women. As in the case of the male penis, it is not necessarily small in small bodies, nor large in large women. As

1. Butterfield, "Marriage". 13.



FEMALE ORGANS, Side View.
From R.L. Dickinson.

Slightly more than one third life si ze.

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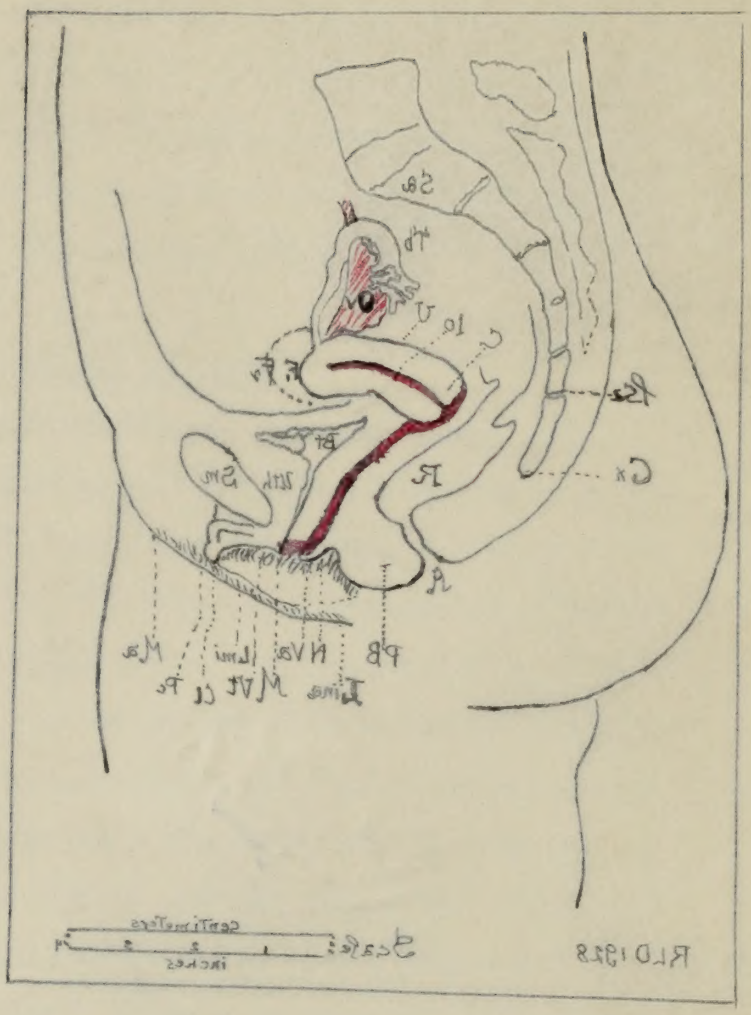
A vertical section through the middle of the body. The generative organs are shown in heavy outline; the urinary organs and other parts of the body in lighter outline.

EXPLANATION.
****

BONES...

The bones are indicated by dotted lines.
Sa--Lsa, Sacrum, the largest of the bones at the base of the spine.
Cx, Coccyx, the tip-end bone of the spine.
Sm, Symphysis, the front meeting place of the bony girdle, or pelvis.

Taken from Mary Ware Dennett, "The Sex Side of Life." 20.



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Taken from Mary Ware Dennett, "The Sex Side of Life." 20.

EXCRETORY ORGANS.

R. Rectum, which carries away the solid waste matter from the bowels.
A. Anus, the opening of the rectum.
Bl. Bladder, which holds the waste water, or urine. Here shown empty; when full of fluid, it is much larger and balloon shaped.
Uth, Urethra, the tube which carries away the urine.
M. Meatus, or opening of the urethra.

SEX ORGANS (internal)

Ov, Ovary in which the egg or ovum grows. There are two ovaries, one at either side and above the uterus.
Tb, Fallopian Tube, which carries the ovum to the uterus. There are two tubes, one leading from each ovary.
U, Uterus, or Womb, in which the egg or ovum becomes an embryo and grows into a baby.
F_1, Fundus, or top of womb.
F_2, indicates the increase in size of the uterus, after a woman has had a baby.
C, Cervix, the neck of the uterus, through which the semen has to go, on its way to meet the ovum.
Va, Vagina, or Birth Canal, which leads out from the uterus, and into which the penis fits during the sex act. Here shown at rest or closed, the front and back walls lying almost together, so it looks like a slim tube with irregularly wrinkled sides. During sex union, it is distended and becomes round, with a diameter of an inch and a half or more."

Sex Organs (External)

This group of parts is called the Vulva.
H, Hymen, the membrane which, in the virginal state, partly closes the entrance to the vagina.
Cl, Clitoris, the miniature equivalent of the male organ, the penis, It is mostly hidden under the skin, as indicated by the faint dotted line, but it enlarges when stimulated by the sex act.
Pc, Prepuce, or Fore-skin of the clitoris.
Lma, Labia Majora, the rounded outer lips of the vulva, or portal of the sex organs.
Lmi, Labia Minora, the thin inner lips of the vulva.
Mn, Mons Veneris, or cushion over the bone Sm, symphysis. This cushion is covered with hair which is not shown in the diagram.
Pb, Perineal body. The muscles and tendons which center here hold up all the lower organs, but they relax during the birth of the baby. (1).

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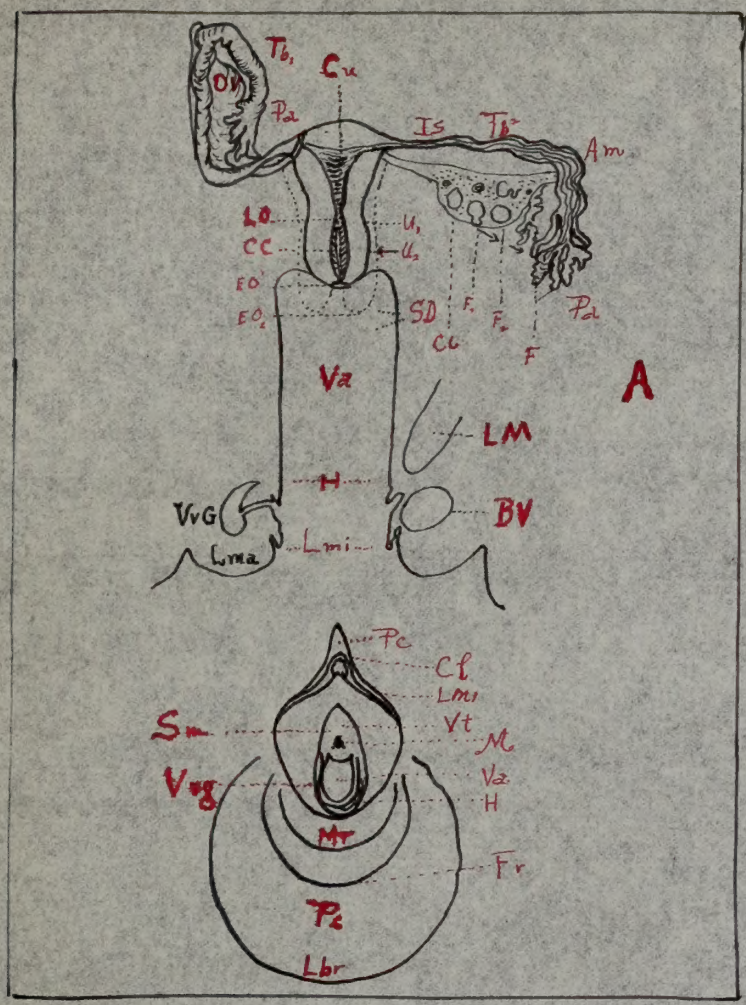
Taken from Mary Ware Dennett, "The Sex Side of Life." 21.



(A). FEMALE ORGANS, Front View.

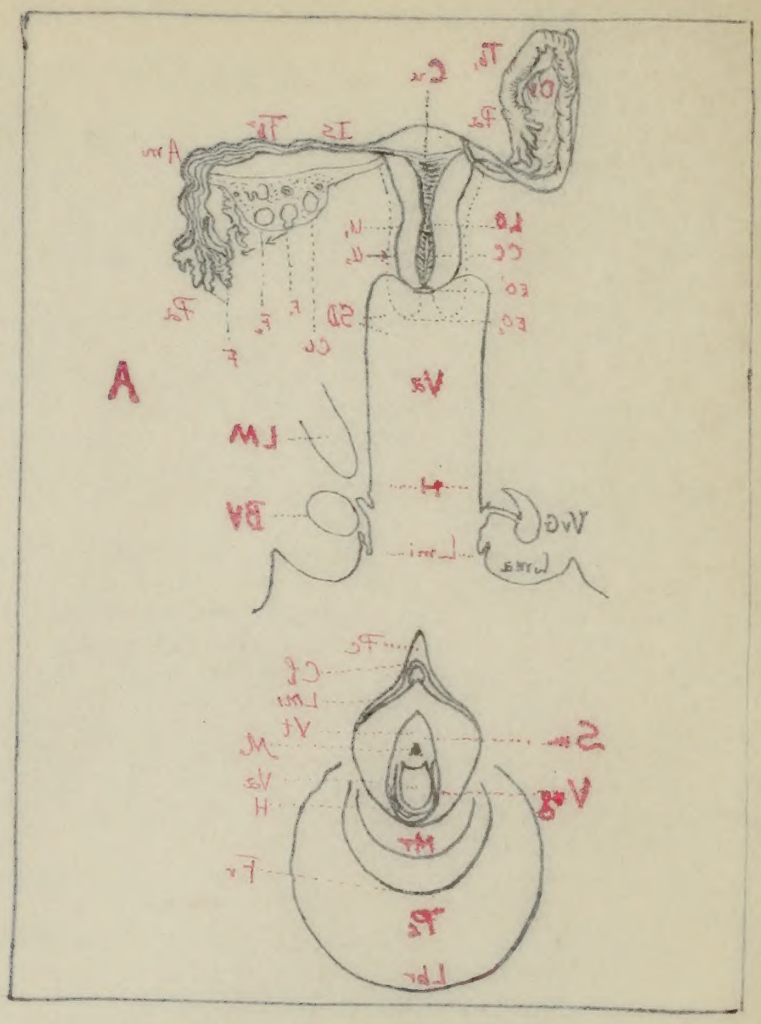
(B). DIAGRAM OF THE VULVA.

From R.L.Dickinson.
Slightly more than one third life size.

(A). The ovary and tuve on the left side of the drawing are shown in the true position; on the right side they are spread out and cut in two, to show the inside.

(B). The upper part shows the outline of the external genital parts, drawn open. The lower curves indicate the extent to which the vaginal opening can enlarge to permit sex union and birth.

Taken from Mrs. Mary Ware Dennett,"The Sex Side of Life" p. 22.



(A). FEMALE ORGANS, Front View.

(B). DIAGRAM OF THE VULVA.

From R.L.Dickinson.
Slightly more than one third life size.

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(B). The upper part shows the outline of the external genital parts, drawn open. The lower curves indicate the extent to which the vaginal opening can enlarge to permit sex union and birth.

Taken from Mrs. Mary Ware Dennett, "The Sex Side of Life" p. 22.

FEMALE ORGANS, Front View.

(A). Ov, Ovary. The one at the left side of the drawing is in natural position and shows the outside. The one on the right side is laid sideways and cut in two, to show the inside.
Tb_1, Fallopian Tuve, outside view. Tb2, Fallopian Tube, inside view.
F_1, Follicle or Sac, from which the ovum or egg has just escaped. The tiny dots behind each arrow indicate its course into the tube. The egg is like the dot on a small letter i, just visible.
F2. Follicle, closed, the dot inside indicating the egg which will be freed from its sac a month later.
Cl, Corpus Luteum, or yellow body, the empty puckered sac remaining from the previous month.
Pa, Pavillion, the trumpet-shaped, leaf-like end of the tube, where the egg enters after leaving the ovary, F, the fringe-like tips of the tube.
Am, Ampulla, the widened fluted part of the tube.
Is, Isthmus, the narrowest part of the tube, the inner passage of which is no larger than a bristle, just wide enough for the minute egg to pass. The meeting place of the egg and the sperm cells is between Tb2 and AM. The egg is pushed along the tube for three days till it reaches the uterus.
U_1, Uterus, showing its virginal proportions.
U^2, shows by dotted line the size of the womb, after having borne a child, It never shrinks fully back to its virginal size.
CU, Cavity of the Uterus, with front half cut away to show the inside.
IO, Internal Os, or inner mouth, which divides the uterus into two parts. It is in the cavity above this inner mouth that the egg becomes an embryo and grows into a baby.
CC, Cavity of the Cervix, or neck of the uterus.
EO1, External Os, or mouth of the womb.
EO2, indicating size after child-bearing.
SD, Upper part of the Vagina, where the semen is deposited by the male.
Va, Vagina, distended as in sex union.
LM, Levator Muscle, which circles and closes the vagina. There are two of them, only one being shown.
H, Hymen, open as in intercourse.
VvG, Vulvo-Vaginal Gland, which furnishes lubrication during the sex act.
BV, Bulb of the Vestibule, a bunch of veins that, like the clitoris, enlarges from excitement.
Lmi, Labia Minora, the inner lips of the entrance to the vagina.
Lma, Labia Majora, the outer lips.

(B) Cl, Clitoris, the small penis-like organ, which enlarges under excitement.
Pc, Prepuce, or fore-skin of the clitoris.
Lmi, Labia Minora, here shown drawn apart.
Fr, Fourchette, or fork, a fold that appears when the vulva is spread open.
Va, Vaginal opening, which leads to the uterus.
H, Hymen, here shown expanded and drawn back. In repose it puckers in and closes, so that the vaginal opening hardly shows.
Vt, Vestibule, a flat triangular space in the middle of which is the
M, Meatus, the opening of the urethra or water-passage.
VvG, Vulvo-vaginal, or lubricating glands.
Mr, indicates the size of the vaginal opening during intercourse.
Ps, shows the size it may reach in a women who has had children.

(over)

Lbr, indicates the expansion when birth occurs. This largest circle permits the passage of the baby's head, which is the largest and hardest part of a newborn baby; the bones of the baby's skull are loosely joined, so that they can be telescoped somewhat during the birth. There is always what is called the "softspot" on top of the baby's head, but as the child grows the joints of the skull become firm and hard.

Sm, Indicates the position of the symphysis, or front joining of the bony arch of the pelvis, under which the baby's head slips out during the birth process."(Mary Ware Dennett,"The sex Side of Life" page 23.

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its walls are composed of erectile tissue it is always capable of expansion to adjust itself to the need."(1). "...in general it may be said of the male organ that it rarely, if indeed ever, occurs that the member is of such monstrous size that it cannot be accomodated." When it is recalled that a child, which is certainly many times larger than a penis, is passed out of the parts, no fear need be entertained about capaciousness if ordinary care be exercised."(2). It must be remembered by the man that the mere sight of his sex organ by his bride is going to cause some fear and misapprehension because it is so very large. This must be remembered in the"art of love"especially during those first days when everything is so strange and new in the married life.

HYMEN "The vaginal orifice, in the virginal state, is partly closed by an imperfect septum, the hymen."(Unless the hymen has been broken accidentally)"They hymen is a fold of tissue, presenting a structure similar to that of the vagina. The fold is usually attached to the posterior vaginal wall. The hymen closes only incompletely the vaginal entrance, leaving an opening which varies in size from the head of a pin to a calibre which will admit the tip of one or two fingers. The opening of the hymen is, as a rule, semilunar and reaches the anterior vaginal wall. After defloration or sometimes only after the first confinement, the hymen is torn at several points and shows only remnants, the so-called carunculae myrtiformes." (3).

There has been passed down an old Jewish custom or superstii-

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1. Margaret Sanger, "Happiness and Marriage" p. 112.
2: Malchow,"Love Sexual Life". 182.

2. Malchow 182
3. Stalmey 46

tion which demands that the bridal sheet shall be stained with blood to prove that she was a virgin. This old custom does not hold true to facts for the hymen may be ruptured by many different ways other than by coitus. Thoinot and Weysse state that the hymen cannot be ruptured as a general rule from masturbation. However, when the masturbation is done by some other person it is very likely to result in the rupture of the hymen. "Then we have another group of traumata capable of rupturing the hymen; they are falls from a horse, falls on the ground after violent jumps, the legs being separated." (1) These, however, are exceptional cases. "There are, as we know, hymens folded or congenitally lobed which yield without rupture to the passage of the penis."(1). Margaret Sanger says, "she "may not have been born with one."(2). It may be broken by the use of a syringe. or by lifting.(3) Dr Konikow in a lecture in 1928 said that she found many cases where the hymen had not been broken but had been gently stretched until it allowed the penis to enter. H.W. Long gives the technique of breaking the hymen as follows: "The thing to do here, is, first of all, to know the situation and to talk it over, and carefully, delicately, do the best that can be done about it. If the conditions are fully understood by the bride and groom, they can, in almost every case, by working and moving together carefully, overcome the obstacle, remove the hymen with little or no pain or loss of blood. As a

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1. Thoinot and Weysse "Medicolegal Aspects of Moral Offences."76.83.
2. Margaret Sanger, "Happiness and Marriage" 98
3. Long, "Sane Sex Life and Sane Sex Living" 82.

1. Thoinot and Weysse "Medicolegal aspects of Moral Offences." 76.83
2. Sanger. 98
3. Long. 82

matter of fact, when the time for meeting comes, if all the facts are known, and the husband will hold his erect penis still and s steady against the hymen, the bride will so press against it that by her own motions, she will break the membrane and so be rid of it. She knows how much pain she can endure, and when the pressure is too hard she can relieve it by her own action! It is a rare case in which, by mutual willingness, and desire and mutual effort to remove the obstruction, it cannot be eliminated with satisfaction to both bride and groom. If, however, careful and well executed efforts fail to remove it, the services of a surgeon should be procured, and he, by a very simple and almost painless operation can remove the difficulty. But never should it be brutally torn away be the force of the husband, and without the full willingness of the wife." (1) After this hyman is broken there are a few days when the wife should not be demanded to ride or walk about very much since every move causes pain in the vagina, therefore, it is far better to spend the honeymoon in quietness and solitude. It has been recomended by some people that the hymen should be removed before marriage especially in the case of a very strong hymen which is bound to give trouble. The doctors do not recomend it, however, in many cases. (for furthur discussion see the problems of the"first night",page____)

Clitoris. The clitoris is a miniture penis, as described by some, which is located at the front and upper end of the groove formed by the two outer folds of the Labia Majora. This is the center of

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1. H. W. Long, "Sane Sex Livengnd Sane Sex Living" 83ff.

the sex nervous system. From this one center is derived most of the stimulus in the sex relations. It is therefore very important that this organ should be stimulated to the utmost in coitus.

Ovaries. "The ovaries, which correspond in size and function to the testicles of the man, are located to the right and left of the upper end of the uterus. They are connected with it by very delicate tubes through which pass from month to month one or more of the ova or egg cells. These egg cells are almost microscopic, and after passing down into the uterus, are carried on out through the vagina unless fertilized by meeting a sperm cell from the organs of the man."(1).

"The ovum in the female is developed, matured and discharged whether copulation takes place or not, and as only an occasional one out of this vast number is impregnated by themale element, which is many times more numerous, it is obvious that nature has supplied a practically unlimited amount of fructifying material and guarded against all possible loss; and so it becomes apparent that a saving or sparing use of the vital principle is wholly uncalled for and no fear of exhausting the supply need be entertained." (2).

This is not the sole use of the ovary since there is an internal secretion into the blood stream, which makes for the feminine characteristics the same as the secretion from the testicles of the man give the masculine characteristics (3) Experiments have been made upon chickens and rabbits where the ovaries have been changed for testicles and the male characteristics developed in the female.

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1. O.M. Butterfield, "Marriage" p. 14.
2. Malchow,"The Sexual Life. " p. 193.
3. C.G. Child, "Sterility and Conception" 21.

Menstruation.

When the eggs come down out of the ovaries sometimes they are fertilized and remain in the uterus but if they are not fertilized they pass on into the vagina and are expelled. Connected with this passing of the ovum there is a flow of blood from the uterus. Just when this flow of blood occurs is not known, neither is it known just what connection this has with the science of reproduction. Dr. Child has an interesting paragraph upon this subject which may explain some things. "It is most probable als o that ovulation corrisponds more or less closely with fertilization and occurs at intervals throughout the month, perhaps not even excepting the latter days of the actual period of the menstrual discharge. A further inference is perhaps justifiable that ovulation and menstruation may, but not necessarily coincide. This is supported by the researches of Bland-Sutton and Heape on menstruation of monkeys and baboons, who have shown that in these animals menstruation and ovulation do not necessarily take place at the same time. Furthermore, it is strengthened by the observations by gyneological surgeons in the course of operations: viz., that apparently ripe, or recently ruptured graafian follicles are found in the ovary at various times of the intermenstrual period, while on the otherhand, there is frequently no trace of either ripe or recently ruptured follicles found immediately after the menstrual period." (1).

There is a definite constitutional strain at the time of menstruation, which effects the women profoundly in many ways. Some women have a very easy time with their menstruation while

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1. C.G. Child, "Sterility and Conception". 25.

others are ill for several days. "There are usually a slight enlargement and a tenderness of the breasts, a rise in temperature, a slowing of the pulse, nervous and muscular irratibility, occasionally a change in the tone of voice, a specific form of headache, congestion of the thyroid gland, some slight disturbance of vision, increased susceptibility to fatigue, internal pains, interference with digestion, loss of appetite, and other symptoms. The psychic changes may be even more apparent. The patient woman may become suddenly irritable, the tractable wife may develop singular waywardness, and the warm-tempered exhibit unrestrained rage at trifles, or for no obvious reason. How true is the remark of a writer in Senator and Kaminer's volume on "Health and Disease in Relation to Marriage" 'It is almost always during menstruation that the first clouds appear on the matrimonial horizon' These clouds arise from the moodiness, caprice, illtemper, depression, unreasonableness, or hysterical outbursts, that must be regarded as normal accompaniments of the crisis in a large number, if not the majority of women. " (1)

"The same affectability which places woman at times at the mercy of her nerves, her internal racial organs, or her aching brain renders her gratefully and gracefully responsive of sympathy, kindness, and forbearance. There is much April weather in human life, but many a squall and shower may be chased away by kindliness. Even a handclasp may suffice to calm a turbulent nerve racked woman, and a kiss chase angry tears from the eyes." (1).

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1. Gallichan, "Psychology of Marriage".p.144.

Fertilization or Pregnancy.

By the chart or diagram on page 45 we see that according to Dr. Child fertilization can take place at various places in the path of the ovum. At any point in its passage along the tube fertilization may take place. "It is possible for the fertilization to take place in the ovary if the ovum is not expelled when the follicle ruptures, or on the fimbriated end of the tube, or even in the cavity of the uterus, but as a rule it happens in the tube. Fertilization may occur at any time during the intermenstrual interval, and imbedding take place, either in the period of quiescence, or in the period during which, without the occurrence of pregnancy, the premenstrual and menstrual changes would have been progressing." (1).

When fertilization takes place there are no more menstruation periods until after the baby has been delivered, and then in most cases not until after the baby has been weaned, however, this is not always the case and cannot be relied upon since some mothers become pregnant while nursing the baby. This condition is very detrimental to the baby as well as the mother. The mother has not had time to recuperate from the birth of the baby which has been a nine months drain upon her constitution. She should devote the next few months to the feeding of the baby which is impossible if another has started. Every child has the right to a proper beginning and this is impossible under these conditions.

Delayed menses does not necessarily mean the woman is preg-

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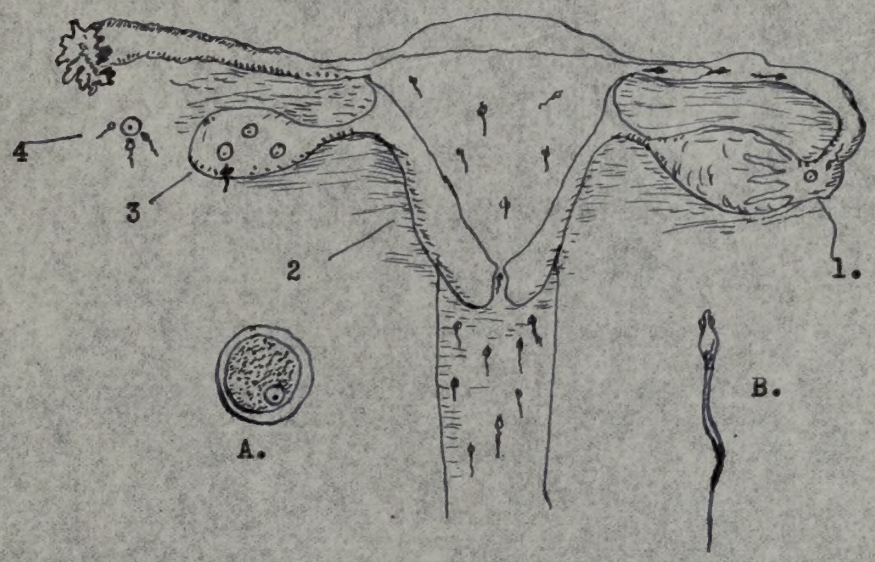
1. C.G.Child,"Sterility and Conception".page. 28.



SCHEMATIC DRAWING SHOWING DIFFERENT POINTS WHERE CONCEPTION TAKES PLACE.

A., ovum. B., spermatozoa. 1, tubal conception. 2, uterine conception. 3, ovarian conception. 4, abdominal conception.

(Taken from "Sterility and Conception" by Charles Gardner Child, Jr. M.D. ; frontispiece)

SCHEMATIC DRAWING SHOWING DIFFERENT POINTS WHERE CONCEPTION TAKES PLACE.

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(Taken from "Sterility and Conception" by Charles Gardner Child, Jr. M.D. ; frontispiece)

nant since many women have irregular menstruation. Sometimes because of unnatuarl conditions the menses are delayed for several days, such as, cold, worry, anemia, loss of flesh, congestion and other causes. "The majority of women who try to avoid pregnancy after a few days' delay begin to fill themselves with ergot and all kinds of emmenagogues; they torture themselves with hot douches and baths, and not infrequently suffer dire results. In such cases, it is best to use remedies which regulate menstruation. I have found that plain Viburnum or Helonin (both obtainable at drug stores) bring on the menses within a few days. A good cathartic, and a small dose of sodium bromide to relieve the nervous tension is often helpful. Ergot emmenagogues, and hot baths will quite often delay the menses instead of bringing them on. In cases of pregnancy the above drugs will be of no avail." (1). Menstruation occurs in the normal woman about every 28 days.

Signs of Pregnancy.

The first signs of pregnancy as one woman expressed it is the suspicion that you might be that way, due to laxity in precaution.

The first real sign of pregnancy is the suppression of menstruation, but this may be due to the above reasons mentioned for the delay menses. Furthurmore there may be a periodic discharge during the early months of pregnancy. (1).

"Nausea and Vomiting, especially in the morning, occur so often in pregnancy that they are regarded as important signs, especially if addociated with cessation of menstruation. Nausea

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1. Dr. Konikow,"Voluntary Motherhood" p. 35.
2. "The Chautauqua School of Nursing" Jamestown, N.Y. Course II Lecture no. 2. (copyright, 1911) p.5.

usually first occurs at the beginning of the second month and persists until the end of the fourth month. An Increased amount of Saliva occasionally occurs in the early months of pregnancy. Swelling of the Breasts, the increase in the size of the areolae, and the secretion of fluid in the breast all point toward pregnancy; but like the other symptoms mentioned they may be due to other causes. Progressive enlargement of the abdomen together with other symptoms gives still stronger evidence of pregnancy. The increase in the size of the abdomen of itself is not a positive sign, because tympanites (distention by gas), dropsy, and tumors all cause enlargement of the abdomen."(1).

Quickening of the Fetal Movements. - is one of the sure signs. This occurs about the middle of the time of pregnancy. This first movement is like the fluttering of a bird within the closed hand. Unless the mother is looking for it it may cause great anxiety and fear but if the mother knows what to expect it is the first welcome response from the new baby.

The physician can examine the woman and tell if she is pregnant in some cases before the woman can tell by her own symptoms . As soon as the woman is married she should send to the State Department of Health located at the capital of that state and ask for a pamphlet on "Pre-Natal Care" which will give all the symptoms and precautions necessary for the bringing into the world that first baby. Of course no mother would think of not reporting to the doctor upon the first signs of pregnancy, for his care is absolutely necessary during this first few months of the life of the new baby.

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1. The Chautauqua School of Nursing. Course II.Lecture No.2.page5f.

Physical and Mental affects of Pregnancy.

To wome women the period of pregnancy is filled with trials and temptations which are not experienced at any other time. If the husband does not understand these changes it is very hard for both of the parties. On the other hand some women do not experience this period of depression but have an elated, healthy, happy disposition during the whole period. Some women do not want their husbands to even touch them during this period. This can largely be overcome b the wise husband who understands her condition and sympathises with her. "At this time, indeed, a woman's character may seem to undergo a complete change, a marked shifting of interests, a concentration on the new life, which may make the husband feel suddenly along and neglected. Whether this period shall be one that enriches married life, instead of weakening its ties, depends largely on the man, on his sympathy, patience and understanding."(1). "Pregnancy is also frequently accompanied by a tendency to fainting, and by mental pecularities such as undue irritability, despondency, moroseness and various "Longings" that may be unnatural." (2).

In regard to sex relations during pregnancy see later chapter. page As the woman has been trained so will she react during this period to some extent, but sometimes physical conditions alter the case.

Inhibitory Nerve Center.

Closely connected with the sex organs we have the centers of inhibition, located in the brain. These centers are the controling forces which we build up in our subconscious mind which pro-

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1. Ira Wile and Mary Day Winn. March 1929 Hygeia the Health magazine. Published by "The American Medical Association."
2. Malchow, "The Sexual Life." p. 147.

tect us from having erections and intense sex feelings at inapropriate times. When the influence of this center is removed as in sleep, and stimulus comes from the over filled testicles to the erection center, then the erection center sends messages to the muscles of the penis causing an erection and later to the ejaculation center causing an ejaculation or emission. Among some people the action of the inhibitory nerve center is so strong that an erection cannot be produced when it is most desired. "When the inhibitory influences are increased, as in a state of intense mental occupation or of depressing emotion, as fear of inability to consummate the act, or fear of detection, or at the loss of the object of one's affections, or in cases of extreme modesty or disgust, etc., erections may be prevented or entirely arrested." (1). This condition is called "impotence" in the male and commonly described as "frigidity" in the woman. (These terms will be discussed later.)

Orgasm. One of the most important things for married people to understand is the mechanical or physical reaction of these female organs during coitus and leading up to an orgasm which is the climax and goal for the woman. "Briefly the physiology of normal coitus in the female is as follows: As soon as the penis enters the vagina, its contact with the sensitive mucous membrane and its continuous friction against this membrane starts a series of stimuli which are propagated to the optic thalamus and from thence to the cerebral cortex. This gives rise to the pleasurable

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1. B.S. Talmey, "Love". p.80.

feeling of coitus. At the same time the cerebral contex sends down centrifugal impulses to the erection and ejaculation centers in the cord. From here other impulses flow out to the periphery, with the result that the clitoris becomes erect and bends downward to meet the penis, the entire genital apparatus becomes filled with blood, the muscles go through certain rhythmic movements, and the glandular apparatus is also stimulated into action. At the acme of the sexual act, they spurt out their secretions, and it is this ejaculation of the secretions of the sexual glands(mainly the Bartholinian) at the acme of the coital act that gives the extreme height of voluptuous feeling which constitutes the orgasm. But the pleasurable feeling, as already stated, begins at the very commencement of coitus, the orgasm being but its climax. With the completion of the orgasm, and partly as a result of the ejaculation and the relaxation of the coital muscles, the compression of the pelvic veins is released, the hyperemia and congestion of the pelvic organs disappear, and the parts soon regain their normal condition of circulation." (1). If however, the orgasm is not reached the blood congestion does not disappear but remains for hours in some cases keeping the woman awake and in a high tension. Care should be exercised in securing this orgasm in the woman (see later chapter on "The Art of Love").

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1. Max Huhner,"Disorders of the Sexual Function" p.198f.

THE WEDDING

and

THE PERIOD OF ADJUSTMENT.

Date of the Wedding.

The date of the wedding should be left entirely with the bride, and she should set the day as far as possible so it will come about two weeks after the close of the menstrual period. Due to the fact that the menstruation may come late at this time of mental and physical fatigue it should not come just after the regular time of menstruation.

The Period of adjustment.

When two young people go into the wedding experiences they go with high hopes and aspirations and their ideals soar on eagles wings. Courtship has been so ideal and they could hardly wait until this first night when they could throw away all restraint and fall into each others arms. But alas there were certain adjustments to be made which were painful and unlooked for. "Instruction as to marriage problems cannot prevent this necessary process of adjustment, but a previous understanding of possible difficulties does help to make the transition easier and its dangers fewer. The greater risk of committing some costly mistake falls upon those who have no insight into the testing they are receiving in their attempt to find happiness together."(1).

Due to the many plans for the preparation of the wedding the bride is tired when she reaches the end of the first bridal day. She is in no condition physically or mentally to join in this new experience. If the groom realizes the advantage of hav-

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1. E.R.Groves, "Social Problems of the Family" Philadelphia, Lippincott, 1927 ($2.50) page 121

ing his bride enter whole heartedly into this new experience he will be glad to wait until she is rested before attempting the consumsation of this great adventure of love.

"He may also safely rest with the assurance that no matter what his previous sexual habits may have been, he will find in his marriage bed that which by intelligence, gentleness, patience and unselfish practices, will certainly bring mutual happiness, together with mutual sexual pleasure; but he alone must determine the responsiveness, for the chords which he touches will vibrate with sweet harmony or send forth grating discords as he may elect, and in accordance with his own conduct." (1).

The young man must remember that his sexual nature is centered in his sex organs far more than that of his wife. His sexual organs have been sexually aware for years and have throbed with a burning desire for this bridal night. On the other hand the woman because of her previous sex training has built up inhibitions against this form of sex expression. Her sex organs have not been stimulated as those of the male during courtship because her centers of libido or sexual feeling are distributed through out her body. The lips, the breasts, the arm pits, the neck, the hands, the arms, and even the curves of her body pulsate with the feeling of love at every touch from her lover. ~~-~~ Her sex organs are stimulated by this preformance, it is true, but not to the same intensity as those of her lover.for his are centered almost entirely in his sex organs. When she comes to the bridal bed she expects to be wood as before and is surprised at this new kind of love. It is almost impossible for her to gain the orgasm at this first

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1. Malchow, "The Sexual Life". p.196.

consumation of married life.

Some of the trials, difficulties, and life long errors in marriage are caused by conflicts of mental attitude between the newly married couples. They do not know the longings, the fears, and the submerged sexual ideals which dominate each other. Too often the innocent pure and (sad but true) ignorant bride is left by her mother and friends to the will of the bridegroom. In one of our Oriental countries the women take the groom aside after the wedding and give him instruction concerning his new bride. They tell him to be patient and gentle and kind and many other things which every young man should know before this "First Night." But in America with her cruel culture she has said ignorance is divine purity. She has inacted laws which prohibit the sane distribution through the mails and bookstores of that knowledge which is needed for the proper adjustment of married life and the bringing into the world of our children. As a result of this, Alas! too often he has secured all his sex education from smutty stories or from the prostitute which is the result of this kind of sex training. This is always of the lowest animal nature. Compare with this the education of the bride. "Love in the esteem of the maiden may mean nothing more than a beautiful dream of sentiment, or a joy at being chosen as a bride. She has never dared to think of sex, much less to speak of it." (1).

Gallichan in speaking of the torture sometimes inflicted upon

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1.Gallichan W.M.,"The Psychology of Marriage" page 92.

the bride the first night, said;"hysteria, neurasthenia, anaphrodisia (lack of desire), frigidity of the psychic type, and mental depression may develop with more or less severity from emotional wounds inflicted upon the sensitive woman."(1). It is not exceptional for the bride to commit suicide upon this first night when she has been raped by her new husband. Another common outcome of the first night is desertion upon the part of the wife while her husband lies innocently sleeping after his animal instincts have been satisfied. Our instincts are God given but often we lower them to the level of the animal passions.

"The guiding instinct of animals is often lost in mankind, and if reason is repressed, the mistakes and dangers must be apparent. Marriage is the art of love, as Ellis affirms, and an art must be learned. Nature often leads aright in the case of an ardent and sympathetic man and woman; but there are perils, even in the path of the most conscientious and affectionate couples, when all is left to instinct or chance." (1).

"Too many men assume a matter-of-fact attitude, and take everything for granted. Aiming perhaps to exhibit complete mastery of the situation, they proceed as if the whole matter were a casual act, the perfunctory right of the marriage ceremony. Others, themselves embarrassed, mistakenly try to make light of the situation, or conceal their own lack of knowledge by assuming the mask of superiority, the 'know-it-all' attitude."(2)

Margaret Sanger in telling of one woman who was disappointed in love the first night,expressed in these words the action of

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1. Gallichan, "The Psychology of Marriage".p.115.
2. Margaret Sanger,"Happiness In Marriage",P.91

the husband, "During courtship, her fiance's advances had been sufficient to arouse her expectations to the highest point. On the wedding night his approach and embraces had been in the order of a hurried meal over a lunch counter. This duty perfunctorily performed, the young husband, quite oblivious to his bride's sharp disappointment, had promptly fallen into a deep slumber. " (1).

"Astounded at his lack of idealism, and crushed by the total collapse of her romance, this young bride lay awake throughout the long night, thinking of all she had expected, of the long weeks of preparation, of her wedding garments unnoticed, and her husband's bland indifference to all of her attractive preparations. Tears had finally been her only relief. And so the conviction took root in her mind, a conviction that because ineradicable, that the whole meaning of marriage was to men to be found in the attitude of her husband. That all he wanted was perfunctory sex gratification. For her, irretrievably, the beauty, the poetry, the exaltation of romance had been dragged in the dust and had come to an end. "(1).

There is only one attitude on the part of both the bride and the groom as they come to the bridal chamber and that is one of reverence, patience, and forbearance. Let us make this one thing clear that the first attempts at sexual intercourse is almost never successful and entirely satisfactory. "It is but natural to attribute failure to the active party, and hence the male is held, not only by himself but by the female, to be responsible for the shortcoming. Young men are generally more audacious and

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1. Margaret Sanger,"Happiness In Marriage" 93f.

conceited than those of maturer years, but it requires more egotism and self-reliance than many posses to completely overcome the mortification of conscious sexual failure, and if confidence is not restored by subsequent success very much concern is felt."(1)

The first failure makes a second attempt more difficult, and unless encouragement be given by the passive party and confidence inspired, there will in all probability be a repetition of the first effort, if some days have elapsed between the trials."(1). This codition is what is known as impotence in the male and will be taken up in a later chapter.

Some men think it is advisable to have previous experience with prostitutes,but this is not the solution to the problem. The prostitute has perfected her science to win men and satisfy their passions and not to satisfy herself. From these experences man only learns the vulgar which cannot make for happiness in the home. The young wife does not act in the same way as the prostitute and it is a sad dissapointment to the husband when he finds that she is so green in matters of sex, but after all it is he who is green --not to know her condition as a virgin.

In the average case where the man is not trained in the art of love and she in the art of being loved and returning love, there is seldom a satisfactory sex relation before two or three months and most often two years. Some women do not receive an orgasm until after their first child is born, and then only with difficulty. But with those who have the proper training it is

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1. Malchow, "The Sexual Life." 194.

not so hard to stand the first dissapointment. In some cases it is possible to have some satisfaction on the part of the woman on the first night but this can only be done where the hymen has been broken, or where no attempt is made to break the hymen for some time and coitus is performed externally by the male organ causing friction upon the clitoris from the side position with the woman's legs grasping the penis firmly. In fact some would highly recomend this position for the first month or until the honey moon is over. As far as the man is concerned there is very little difference providing some lubricant is used such as vaseline. If this position is satisfactory to the woman then a proper time is given her to become adjusted to the new life before she is called upon to endure the pain of breaking the hymen. This method will not be a proper precaution against pregnancy. Many a couple have been suprised to discover this fallacy in their thinking.

For the technique of breaking the hymen please turn back and reread pages 39 and 40. There is always more or less suffering on the part of the woman upon this first act of intercourse, partly due to the rupture of the hymen and partly to the forcible dilatation of the vagina. "These pains are not confined only to the time of the act, but continue day and night, and represent a really diseased condition. Hence sufficient time should be allowed after defloration for nature to repair these injuries. Frequent indulgence at this period of married life is a prolific source of inflammatory diseases and occasions ill health."(1).

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1. B.S.Talmey, "Love". p.354

At all times the man should be very careful to wash the penis especially at times when it comes into contact with open tares of the hymen or vagina or during the time close to menstruation. Infection is very serious when it occurs within the female sex organs.

"As a rule, it is well to let plenty of time elapse before engaging in the full act of coitus. The young people should take time enough to become better acquainted with each other than ever before; to become in a measure, accustomed to the uncovered presence of each other. In any case, full coitus should not be attempted till the bride is at least willing. If she can be brought to become anxious for the meeting so much the better." (1).

Dr. Antoinette Konikow woman physician in Boston having a large practice says that of late years many of her patients, upon examination, show that the hymen has been gently expanded and stretched until it has alowed the penis to enter without tering. She said it was a great compliment to the manhood of this generation to find that they had such patience upon their wedding night.

Over against this testimony there are many who hold that most marriages are consumated in a rape upon the bride. "The amount of force sometimes exerted in coitus is evidenced by the cases, occurring from time to time, in which intercourse takes place by the urethra." (2)"Breuer and Freud, in their studien uber Hysterie page 216 pointed out that the bridal night is practically often

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1. H.W. Long, "Sane Sex Life and Sane Sex Living" p. 79f.
2. Havelock Ellis, Vol.VI. "Studies in the Psychology of Sex"525.

a rape, and that it sometimes leads to hysteria, which is not cured until satisfying sexual relationships are established." (1).

"This first moment in which the man's individuality attains its full rights often decides the whole of life. The unskilled, over-excited husband can then implant the seed of feminine insensibility, and by continued awkwardness and coarseness develop it into permanent anaesthesia. The man who takes possession of his rights with reckless brutal masculine force merely causes his wife anxiety and pain, and with every repetition of the act increases her repulsion.....A large proportion of cold-natured women represent a sacrifice by men, due either to unconscious awkwardness, or, occasionally, to conscious brutality towards the tender plant which should have been cherished with peculiar art and love, but has been robbed of the splendor of its development. All her life long, a wistful and trembling woman will preserve the recollection of a brutal wedding night, and often enough, it remains a perpetual source of inhibition every time that the husband seeks anew to gratify his desires without adapting himself to his wife's desires for love. (O Adler, Die Mangelhafte Geschlechtsempfindung des Weibes page 159 etsez.,181 etsez)'"(2)

One of the difficulties on the first night at the attempt at coitus is that by the time the man has fully aroused his bride to sexual desire he himself has reached such a pitch that at the first touch of the penis to the hymen ejaculation occurs, thus

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1. Havelock Ellis, "Studies in the Psy: of Sex" Vol.VI:p.525.
2. Havelock Ellis, "Studies in the Psy: of Sex" Vol.VI:p.526f.

making furthur progress impossible. This to say the least is rather embarrasing for the man and disgusting to the bride. Under sobh circumstances the bride must be sympathetic and wait for him to rest a while, after which time he can resume the role of husband in the sexual union.

Vaginismus. Vaginismus is the violent, painful spasm and contracting of the muscles surrounding the vaginal entrance. This can be caused by many things but one of the main causes is due to the ignorance and awkardness of the husband upon the first attempt of intercourse. The woman if a highly sensitive woman, and vaginismus is rarely known except among the highly cultured, will mostlikely be frightened by the size of the penis first, then by the pain which its intrusion causes as it breaks the hyman, in those awkard attempts the penis may enter the upper portion of the vagina, and press the urethra against the symphysis pubis causing severe pain, or perchance an entrance may be attempted through the urethral canal which would be impossible without lassurations, all of these possibilities combine to make the woman shrink in terror and pain and the muscles to contract in natures attempt to protect the organs. As a result every attempt after that would hold such vivid pictures of that first blunder that it would be almost impossible for the woman to control the muscles of the vaginal opening and prevent them from contracting making it impossible for the male organ to enter. In these cases a physician should be consulted. (1) There are other causes of Vaginismus which are not to be blamed on the husband but are congenital or acquired in later

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1.Max Huhner, Disorders of the sexual Function".(181 f.)

years. The physician should be consulted before marriage if there is any suspician of any malformations in the sex organs. It is advisable to have the hymen broken, in many cases, before marriage. This also saves the woman and the man the embarrassment of discovering perchance that the hymen is too strong for the male member to penetrate.

When the muscle spasm and contraction come after the penis has entered the vagina it is known as penis captivus, for the muscles grip the penis preventing its withdrawl and the blood in the penis which is not permitted toreturn through the veins, enlarges the penis still more increasing the pain and the muscle spasm. In this case the woman must be chloroformed before the muscles will release he penis. Only a few cases of this nature are on record. (1).

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1. For furthur reference see Max Huhner, Disorders of the Sexual Function. p. 184f.)

THE FIRST CHILD.

There is in the heart of every woman the longing for children. As a little girl playing with her dolls is expressing this high mother love, When she chooses a mate and establishes a home then again that mother instinct beats high within her bosom and little faces pear out of her dreams and little fingers entwine their way among these delicate heart strings that God put there for baby love.

"Does anyone suppose that it was a mere instinct of asceticism that drove St. Francis to make out of snow, cold images of wife and child? Was it not rather the sudden resurgent desire of the greatest of the saints for some more humanly warm affection, something more individual, something that nestles more closely to the heart, than this great service of Humanity? And in a savage irony he mocks his pain. 'There are thy children, there is thy wife,' says St. Francis, and his cry is not the answer of the spirit to a lustful temptation; it was the cry of a lonely human heart for the human happiness of wife and children and home. Aye, and I would claim that Our Lord Himself had this desire." (1). In the heart of every normal man there burns the desire for a family circle with little folks in it.

Out of our modern whirl and turmoil has come that extraordinary unnatural person who desires gold rather than children. But nature has put her cold hand upon them and said you shall

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1.Maud A. Royden,"Sex and Common Sense." New York, Putnam,1922 page 39f.

have no children to pass on your selfish desires to future generations. In past generations these people had to pass on their characteristics but now with the modern means of contraception these people do not have children.

When The First Baby.

The first part of married life is filled with many difficulties and perplexing problems. Usually the economic conditions are not very ideal for the first year or two after marriage. Margaret Sanger would have the first baby come at the end of the first two years of married life. This gives them time to establish a home,and become acquainted and adjusted to each other. (1).

These plans should be all means be talked over before marriage. It should be understood what methods of contraception should be used,and where they could be obtained , and the risks involved.

Rights or the Child.

Every child has a right to a WELCOME. Every child has a right to strong biological beginning. If there is a risk of the child being abnormal then those parents should not have children, but rather adopt children who have a sound biological inheritance.

The first thing to do when planning for a child is to see if the mother is thethe proper physical condition to carry a child. A through physical examination should be made by a physician as to the general health of the mother and the father. There may certain things which may need a little medical attention which can be given much easier before the woman becomes pregnant. The time or season of the year should be choosen according to the climate in which they live.

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1. Margaret Sanger,"Happiness inMarriage" (192)

Gonorrhea and Syphilis. "One of the most tragic things about syphilis is that it so frequently is the heritage of innocent children. It kills many before they are born, it kills many others in infancy and early childhood and it is responsible for a burden of untold handicap and suffering in those who live." (1).

"Inherited syphilis is practically 100% preventable. It is remarkable that treatment of the mother, begun early in pregnancy will assure a healthy, non-syphilitic baby even though the mother is not cured!"(1).

Maternity clinics find that about 8 % of the expectant mothers which come to them in Massachussetts have syphilis. Every expectant mother should have her blood tested for syphilis as soon as pregnancy is suspected, and preferably before this time. Those who do not have it need not fear and those who do have it want to protect their children against it. (1).

Duty of Having Children Since there are so many marriages which are not physically fit for child bearing, those that are physically fit must reproduce their kind. '"There is no equality in nature among children nor among adults, and if there is to be a much-needed improvement in the race, we must breed from the physically, morally and intellectually fit.'"Sir James Barr in British Medical Journal, 1918 " (2).

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(1). "What is to be Done About Gonorrhea and Syphilis" published by Mass. Dept. of public Health co-operating with the U.S. Public Health service. 1930. page 15 ff.(Free)
"Social Infection and the Community" Bishop Lawrence, 1929.
"Interstitial Keratitis" Joseph J. Skirball M.D. Vol.17 No.1.
"The Management of Syphilis In General Practice" Joseph E.Moore.
"Congenital Syphilis" J.F.Schamberg M.D.
All given free upon request at the Mass. State Dept. of Public Health. Boston, Mass. (Every State has a similar branch of service)

2. Marie C. Stopes,"Wise Parenthood" p.2.

"I should like to take this opportunity to urge young couples who truly love, to have all the children to whom they can give healthy and beauty, even if by doing so they sacrifice their personal luxuries." (1).

"A family of healthy happy children should be the joy of every pair of married lovers. To-day more than ever the course of duty and delight coincide for those who have health and love in their homes. For to-day as never before the world needs the products of sound and beautiful love, and though these range from the intangible aroma of peace and happiness which a rightly wedded pain radiate, through an infinite variety of spiritual and physical results, the most vital and the most potentially valuable to the community are the children."(1).

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1. Marie C. Stopes, "Wise Parenthood" p.xii and p.1.

The Science of Procreation.

One of the main functions of the family is to reproduce the human race. Some marriages have found that they have been denied this privilege. It is our purpose here to discover why such marriages are fruitless and if possible how such conditions can be remedied. In some cases it is simply ignorance of the art of copulation and in others it is congenital and in still others it is acquired. Some of the things in this chapter may seem lewd and vulgar to those who do not have a scientific mind, and to those who have the false idea that sex is sin. But for those who are hungry for happy babies and happy homes let them read and learn the things which will help them in their sex relations which may lead out of this difficulty of temporary sterility.

Orgasm in relation to Sterility.

"Kisch says the following:-'In our consideration of the various influences by which the contact of ovum and spermatozoon may be prevented, the degree of sexual excitement experienced by the woman during the sexual act must not be overlooked, for this plays a part not to be underestimated, even though it is a matter on which it is difficult to obtain accurate information. It is extremely probable that an active participation on the part of the woman in coitus has an important influence upon the attainment of fertilization, i.e., that sexual excitement in the woman is a link in the chain of conditions leading to conception. This excitement has a reflex influence, but the influence may be exercised in either (or both) of two ways; first, it may cause certain reflex changes in the vaginal portion of the cervix,

to a rounding of the os uteri externum, and a hardening of the consistency of the cervix (changes of an erectile nature), coupled with a slight descent of the uterus,--changes which likewise favor the entrance of the semen into the uterine cavity. Theopold goes so far as to say that it is only women who experience erotic excitement who are capable of being impregnated. My own opinion is that considerable importance is to be attached to voluptuous excitement of the woman during coitus, for the former of the two reasons mentioned above, namely, because such excitement leads to the occurrence of reflex secretion of the cervical glands, the secretion thus produced maintaining or enhancing the activity of the spermatozoa; and contrariwise, in the absence of voluptuous excitement on the woman's part there is a failure of the reflex secretion, and the passage of the spermatozoa into the uterine cavity is consequently less easily effected.'"(1).

"Rohleder explains the influence of lack of orgasm as a causative factor in sterility, by saying that at the height of the orgasm, and with the pouring out of the secretions of the Bartholinian glands, there also occurs an extrusion of the plug of mucus from the cervical os (the Kristeller). At the same time the cervix descends to meet the penis, and the peristaltic wave of the vaginal musculature commences at the entrance of the vagina and extends upward, thus preventing the semen from flowing out of the vagina. This results in forming an aspiratory or suction action, by which the spermatozoa are sucked into the now open os. The os uteri

1. Max Huhner"Disorders of the Sexual Function"p.201ff.

also opens widely and assists in sucking in the spermatozoa. If orgasm does not occur, this aspiratory action is either absent or incomplete, and the plug of mucus is not expelled from the cervix, all of which has a tendency to hinder the ascent of the spermatozoa. Most German authorities concur in this explanation by Rohleder." (1).

Dr. Huhner agrees with the above statements to some extent and also cites the fact that breeders of animals agree with Rohleders views. He continues, however, to point out that pregnancy can come from rape, and simply from deposits of spermatozoa outside of the hymen. He also points out the fact that Coitus Interruptus is not a sure prevention for conception since the spermatozoa can travel on their own power up into the vagina and through the uterus into the fallopian tubes. But he does say that an orgasm in the woman will help with the process. (1). Then it would be reasonable to conclude that in a condition where the fluids in the vagina were hostile to the life of the spermatozoa that the rapid entrance into the uterus would facilitate matters considerably.

I have pointed out heretofore that a very frequent combination met with in the infantile or undeveloped uterus, scant or delayed menstruation, together with lack of sexual passion and sterility. These observations lead to the conclusion that the sterility is not the result of the lack of sexual passion or the lack of orgasm, but rather that both conditions are but expressions of a general lack of development of the entire sexual apparatus, anatomical as

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1. Max Huhner,"Disorders of the Sexual Function" p. 203.

well as physiological." (1)

This German doctor Kisch must have been a very ardent believer in the necessity of an orgasm in connection with conception in many cases, for we find other writers quoting from him. "Kisch states that an unfaithful wife is more likely to conceive with her lover than with her husband, and believes that in a majority of women sexual pleasure only appears gradually, after the first cohabitation, and then develops progressively, and that the first conception often coincides with its complete awakening. In 556 cases of his own, the most frequent epoch of first impregnation was found to be between ten and fifteen months after marriage. In some childless women impregnation has been successful after the production of pleasurable coitus."(2).

Talmey holds that pregnancy can occur without the desire of the female but if she does have this feeling it is far better, and more likely to be effective. (3).

Turning to Havelock Ellis we find that he does not believe that orgasm is necessary to conception but he does state that in some cases it seems to have some effect. "We cannot fail, however, to connect the fact that impregnation frequently fails to occur for months and even years after marriage, with the fact that sexual pleasure in coitus on the wife's part also frequently fails to occur for a similar period." (4).

Dr. Child points out that impotence upon the part of the man is very often the cause of sterility. In this case there is

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1. Hubner, "Disorders of the Sexual Function." 204.
2. Malchow, "Sexual Life." 260.
3. Talmey, "Studies in the Psychology of Sex" Vol.VI.p.557.
4. Havelock Ellis, "Vol. VI.

1. Hubner. 204
2. Malchow. 260
3. Talmey 358
4. Ellis. 557. Vol. VI

no orgasm on the part of the woman since the ejaculation comes too soon or there is no erection at all. Dr. Child also points out the case of vaginismus and Dyspareunia as causes of sterility. In vaginismus the muscles of the vagina contract making it impossible for the penis to enter. In the case of Dyspareunia the act of coitus is too painful for furthur persistance in the act. Which is due to an inflammatory condition or diseased condition of the vulva, vagina, or pelvic organs and is usually curable. (1).

IMPOTENCE. I would like to quote from a letter written to Margaret Sanger, the same being printed in her book Happiness In Marriage, pl 118.

"I am a young man of 35 and married and for the past year I have been little or nothing to my wife in regards to sexual relations and cannot understand the cause as I am not one that has abused myself.

"I have tried to keep this secret from my wife all this time as I dont know how she will take it, I have told her that my work is a little heavy and I am a little run down but thas a lie as my work isn't any harder today than it was five years ago.

"I have taken treatments from a physician for the last six months but no results."

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This is one of the many letters which have been written revealing this same condition. There are others struggling along not

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1. C.G. Child Jr. "Imperfect Sex Relations Cause of Sterility" 65.

realizing that there are cures for this ailment, and not realizing that other people have the same problem.

The different forms of impotence fall into three natural divisions: The Functional or Organic , and the Psychic. The Psychic forms of Impotence.

Functional or Organic Impotence.

Impotence in the male is that condition which does not enable him to preform the sexual act. He may be sterile or fertile but this is not included under the defination of impotence. He may be fertile but because of his impotence cannot place the sperm in a position to impregnate the ovum.

Organic impotence is that condition in which the impotence is due to some malformation or undevelopment of the sexual organs. Among the causes of this condition are listed mumps, which sometimes cause a complete atrophy of the testicles and so retard the natural development of the sexual powers. Accidents which cause complete castration before puberty will also interfere with the sexual development. In some instances the penis either congenitally or accidentally is missing and although the desire is there there can be no intercourse. Injuries of the spinal cord or cerebrum may destroy the nervous centers of erection. Burns or like injuries of the skin of the penis may prevent it from expanding and thus prevent an erection. There are many other abnormalities which should be examined by a doctor before marriage. An extremely small penis or a very large penis are not matters of serious consequences because they can be remedied by the physician. For some of these cases,where the penis is too small, ingen (1).

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1. For furthur reference upon this subject see Max Hubner,"Disorders of the Sexual Function"chap.IV.

ious devices have been invented enabling the penis to enter the vagina. Upon the encouragement of the woman the penis has been stimulated enough, after some artificial help, to enable the man to preform natural intercours. An astringent douche will often help in these cases.

There are some cases in which the vagina is very small and immature and unable to receive the penis. There are other cases in which the vagina or other organs are grown together in an unnatural way making coitus very painful or imposible. These malformations must be corrected by the physician.(1). "Congenital malformations of the genital organs giving rise to impotence are extremely rare. Gyurkovechky, amongst 6,000 men fit for military service, found three such men only."(1).

Iwan Bloch thinks to much stress is laid upon this form of impotency but for the exceptional man it is well for him to understand. He says that one half the cases of sterility is caused by gonnorrhoea. (1). A great many cases of impotency are caused by gonnorrhoea and syphilis.

Functional Impotence.

Functional impotence is that form of impotence in which there exists no gross pathological change in the structure of the sexual apparatus, but in which the mechanism of copulation is disturbed through the interference with the function of the sexual centers or the nerves and peripheral end-organs."(2).

In this class the sex organs are usually sound and normal. Areas of congestion, inflammation or even erosions in the posterior urethra, or congestion in the prostate and seminal vesicles must be

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2. Iwan Bloch, "Disorders of the Sexual Function" Gliff. chap. V.
1. Iwan Bloch. "Sexual life of our Time" see Impotence.
2. Reimer - 61 ff. ch. V.

considered functional because they do not interfere with erection or ejaculation but act purely reflexly upon the sexual centers.

We must remember that potency and sexual vigor is a comparative term, since some men are not able to continue coitus after normal intercourse and ejaculation, while others can retain the erection. Some men can perform the act many times the same night while others are limited to once or twice a week or month. The latter group would in no way be considered impotent.

Inability to carry out completely and naturally any detail of coitus should be considered impotency to that degree.

In order to understand more completely the cause of some of the symptoms of impotency let us follow out the male mechanism of coitus. First the libido or desire for sexual intercourse is registered in the brain and this in turn sends a message to the erection center in the spinal cord which arouses the penis into activity. The arteries no longer retain their contracted condition but open and let the blood rush through, the muscles of the lower part of the penis contract holding the blood in the veins and not permitting it to return as fast as the arteries permit it to enter. The penis soon becomes engorged with blood and becomes rigid and elevated by the pull of the muscles. The muscles of the cord leading to the testicles pull them close to the body. At the same time an alkaline secretion from the mucous glands of the urethra is poured into the urethra to neutralize any acid urine which might be present and kill the spermatozoa which are to come presently from the testicles.

As coitus proceeds the contents of the seminal vesicles are squeezed into the ejaculatory ducts, the prostatic secretions are also forced out and at the height of the orgasm the spermatozoa from the testicles are pushed through the ejaculatory ducts into the posterior urethra where they are mixed with the prostatic secretion, and the entire mixture called the semen is driven through the urethra into the vagina in a series of quick and powerful ejecutions. This ejaculation of the semen causes a pleasureable pulsating sensation known as the orgasm in the male. (1).

Sexual Fatigue.

Atonic impotence is that impotence which comes as a result of over exertion of the nerve centers through masturbation, mantal erethism, frustreted eroticism, conjugal onanism or coitus interruptus, or from excess in copulation. (according to Talmey) "These excesses cause the exhaustion of the centre of erection, irritation of the centre of ejaculation and a debilitation and enervation of the genital nerves."(2). These cases of impotence are rarely permanent or absolute. Gonorrhoea will cause impotence in many men and in some cases it is absolute.

Dr Huhner finds the following conditions present in most cases of impotence of this type. "There are hyperirritated or exhausted sexual centers depending upon the stage of the disease, and a chronically inflamed seminal vesicles and prostate." (3). The cure comes first from absolute rest from all sexual excitement from three to six months. Bromides in doses of 15 grains should be given three times a day for one month in those over 45 years and for two moths in younger more vigorous men. Then Dr. Huhner would

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1. For more detailed discussion see Max Huhner, Disorders of the S. Function." Ch. V
2: ~~Dr. Talmey, Love p. 198.~~
3: ~~Max Huhner, Disorders of the~~ Sexual Function." 88-98

2. Talmey "Love", p. 198
3. Huhner, 88-98

proceed with the same treatment of Silver Nitrate used in the cure of masturbation. For furthur treatment see Max Huhner,"Disorders of the Sexual Function" page 88 to 98.

"The frequent repeated engorgements of the blood vessels which do not receive the normal physiological relief by ejaculation provoke in both parties an exaggerated sex-sense and produce the emotions, known as satyriasis in men and as nymphomania in women. The exaggeration is followed later on by exhaustion of the libidinous impulses and the men become hypochondriacs and impotent and women neurotic and shallow. "(1).

"The continual congestion in the genitals causes also a continued feeling of heaviness and discomfort in the lower abdomen. Urination becomes frequent in both sexes, andin women menstruation is irregular. The patients complain of profuse pains in the back, legs, sides, and of weakness, nervousness and sleeplessness. These troubles cause general debility and a complete breakdown of the nervous system."(1).

Long Engagements.

Often-times we find at the end of long engagements that the man is impotent. Tracing back we find that he was perfectly continent during the time of engagement. But we also find that he did a great deal of spooning and working himself up the state of sexual coitus but never completing the act. Just before the place in psychic coitus, if I may coin that phrase, where the orgasm would normally come the man has restrained himself and the ejaculation was never quite reached. Then after that particular occasion

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1. B.S.Talmey "Love" p. 174f.

ion has passed he again performs the same act and yet again, perhaps, many times the same evening. This continual sexual excitement without the proper release of the seminal fluid gradually exhausts the erection nervous center and to the surrise of some men they find themselves impotent upon marriage. (1). Talmey gives the same reaction as does Huhner in these cases. "The generative centers are particularly damaged by the constant congestion of the genitals. The frequent stimuli keep the lumbar centers in a condition of constant irritation. The nervous system, presiding over the function of erection, thus becomes worn out and exhausted, and the nerves do not respond even to the strongest stimulations, which would otherwise set them in action. In this way, the centers get accustomed, so to say, of not responding any longer with erection to the proper stimuli, or in other words, the consensualism between the genital nerves and their centres is broken." (2). In other words we would say that the gap at the synapse becomes too great for the nerve messages to be transmitted from one nerve center to its nerve endings.

Coitus Interuptus. Dr Huhner would condemn coitus interuptus because the ejaculation is not complete due to the withdrawal and this finally leads to impotence through a gradual lessening of the reaction of the erection center. He did not take into consideration the fact that many who practice withdrawal complete the orgasm by masturbation after withdrawal, thus completely emptying the seminal vesicles.

Masturbation. Masturbation in the chronic form may deaden the erection and

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1. Max Huhner, "Disorders of the Sexual Function". Chapter V.
2. B.S.Talmey, "Love". p.175.

ejaculation center so it will refuse to react entirely or only upon extreme stimulation. Dr. Huhner has found that many a masturbator of the chronic type has not found peace in the marriage relation. It may be due to the hardened condition of the penis which refuses to be sufficiently stimulated by coitus to cause an ejaculation, or it may be due to psychic causes. In the case of the psychic masturbator, he finds the pictures in his mind which caused the erection and ejaculation in the past are not a part of the reality of natural coitus. Some of these cases have been cited by Kraft-Ebing and many have been cured by bringing fetishes into the relation, or by consciously forming mental pictures in addition to the normal stimulus of coitus.

Gonorrhea. Dr Huhner thinks Gonorrhea has caused many cases of impotence but not as many as some authorities have tried to make the public believe. These few cases can be helped and a few of them cured by immediate action.

Congenital Chastity. There are others who have been born with very little libido or sexual feeling and have never had the temptations that confront the normal person. Upon marrying some of these people find it impossible to arouse their sex centers. This condition is not caused by their chastity but by a congenital impotence. These cases may be helped by the proper education and the care of a physician. Dr. Huhner does not believe that continence ever caused a man to be impotent except in the case of a long engagement which he would rule out of the class of the continent.

Other Cases. "Finally, as etiological factors in functional impotence, we must mention a group of cases in which the pathology is obscure. To this group belong impotence from diabetes mellitus, acute febrile

conditions, various forms of acute and chronic poisoning, chronic debilitating conditions, and some authors include herein such conditions as obesity and chronic nephritis."(1),

PSYCHIC IMPOTENCE.

Psychic impotence is that form of impotence which is caused by the inhibitory influences from the higher centers.

Some of the common causes are fear of disease, fear of pregnancy, fear of being caught, fright, disgust of the partner, and fear of being impotent because of youthful masturbation. Disgust for the act upon the part of the wife sometimes causes impotence.

The libido may be normal but there is interference when the brain tries to send a message to the erection center, other messages inhibit the sending of such a message and the person is impotent.

Misdirected Libido.

Under the head of "Misdirected Libido" we have: (a). Those sexual perverts where the libido is directed toward objects other than women. (b). Another group because of too frequent intercourse has to increase the stimuli in order to have the proper sensations and they find themselves impotent before their partnerin normal intercourse. Kraft Ebing gives examples of these such as those who require torture either of themselves or other objects in order to arouse the libido and erection. (c). A third class may be called the "Relative Impotent" which find themselves potent only with certain kinds of women and impotent with others and unfortunate is the man who marries a woman not of this fetish characteristic. It may be a fetish for certain wearing apparel or the way she dresses her hair or some perfume or most anything which the

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1. Max Huhner, "Disorders of the Sexual Function" p. 76f.

libido has falsely fixed itself upon, and in these cases it is only proper that the wife try to meet these psychic requirements in herself. It may be said here that almost every man has a streak of this psychic fetishism and that is the reason why he picked you for a wife,out of the whole world, for she alone held that fetish along with many other Good qualities. When old age comes or indifference,and the fetish is lost the husband may loose his interest inhis wife or find himself, in rare ca es, impotent. In this feminine age it may be said the husband is choosen for his fetish, and if so let him hold to that which inhanses him in her sight.

In the case of the psychic impotent ejaculation may be impossible or it may be only possible without an erection,which is just as serious.

Talmey has listed some of the following reasons for psychic impotence: mental fatigue, overwork, preoccupation with mathematical or financial problems, fear, anger, grief, and disgusting sights or odors. "Prolonged excitement before attempting coition may also lead to temporary impotence. " (1).

"Contrary to general accepted notions, neither masturbation nor excessiveness in sexual relations is a cause of impotence; abstinence does not increase one's potency. The etcologic factors behind impotence are traced to the operation of psychic factors which exert an inhibitory influence on the physical act of coitus." (2).

(2). "Functional Impotence responds well to psychotherapy

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1. B. S. Talmey, "Love". p. 181f.
2. The Urologic and Cutaneous Review, Aug. 1929. "Impotence In the Male" by B. Karpman reviews the literature on the subject, mainly the contribution of Stekel (archives of Neurology and Psychiatry", Ap.1929) p.568.

which method alone can effect permanent cure."

"There is a great deal of evidence which seems to show that impotence, in both young married men and women especially, is due to a narcissistic fixation on self as a love object (prolonged masturbation) or upon homosexual regressions. The Homosexual trends may be the result of actual experiences or of phantasy. A sexual emotional life experience grown out of self love and masturbation phantasies will hardly be completely or permenently satisfied with the reality of sexual intercourse with one of the opposite sex as a substitute. Even less satisfying and more difficult of accomplishment will adjustment at the hetrosexual level be for those who have in fancy or reality found their sexual ecstasies with one of the same sex. " (1). Intercourse performed under the stress of fear of pregnancy is also apt to increase this condition especially among the females. "A long separation from bed, if not from bed and board, with finally proper birth control instruction and technique, is the plan of treatment indicated here. Even without fear, withdrawal practised over a long time frequently induces loss of sexual appetite, and desire. The reaction of the man or woman of fine sensibilities to this measure may result in a revulsion of feeling toward the act and finally in frigidity. Much the same mechanism occurs with the husband his wife is careless about vaginal cleanliness, particularly, though some women seem to get generally slovenly after marriage. Lastly, frequent spats and downright quarreling dull the appetite and occasionally result in obstinate impotence till a new love mate is found."(1).

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1. The Urologic and Cutaneous Review. Aug.1929. Article:"Psychology and psychotherapy of the impotent", By Michael Osnato,M.D. p. 530.

Impotence of the Newly Married.

"Temporary psychic impotence of short duration is sometimes met with in newly married men through lack of confidence. When about to be married, the broodings over things to come overstimulate the inhibitory centers in the brain. As a result, at the critical moment, the penis gradually shrinks, grows smaller and moves in a worm-like manner in the course of its diminution." (1).

After the first failure fear of repeated failure often makes the man impotent.

Sometimes an overestimation of the seriousness of defloration may cause the young man to be impotent.

"Sometimes the exaggerated veneration of his young wife may cause temporary loss of vigor in the young husband. The thought that such an exalted personality, as his young innocent wife, should have to submit to such an indignity (not a few have this strange opinion of the conjugal act), works as an inhibition of the proper performance of the act."(1).

Where a man fails once and broods over his failure there is likely to set up inhibition forces which may make him permanently impotent. But if the individual does not worry about it,and if necessary, consults a good physician, there is little possibility that the condition will last. Frankness and a change of attitude on the part of the parties concerned are very important. The bride must give encouragement and the sense of assurity to her husband if she wishes to restore him to normalcy.

Fear of being impotent is the main factor in causing most of

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1. B. S. Talmey,"Love" pages 195 -197.

this class to fail at this point. Masturbation or excess in sexual relations with prostitutes often makes them impotent when they finally come to their marital test. They have a fear of guilt so strong that they cannot perform the sexual act when at last they approach the ideal time of their dream. Another cause of impotence is found in the fear of the husband, because he is afraid he will impregnate his wife and cause her the pains of childbirth, especially is this true of those who have seen the birth of a child.

Because of shame some cannot have normal intercourse, which comes from wrong training or wrong living. Often these men can masturbate in secret with no difficulty but when they are in the presence of their wives they find themselves impotent. The aid of the wife at this point will arouse the libido and erection will be normal. (1).

Stimulants and Potency. The free use of tobacco certainly impairs sexual potency. Nicotine and love are as little compatible as alcohol and love. Tea and coffee used in excess cause impotence in rare cases, however, Dr. Huhner advises against them where there is a partial impotence. It may be true that a little alcohol will be found helpful in some cases where the inhibition is so strong that the man is impotent. Under partial intoxication the centers of inhibition are dulled and the reflexes work naturally. This is the reason for lax sex relations among those who drink even moderately where the sex libido naturally runs high.

OLD Age. With many men they are potent until the wife passes into old

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1. For further reference see Malchow, "The Sexual Life" 252f. B.S.Talmey, "Love" 195f. ;C.G.Child, "Sterility and Conception" ~~Barfoot; Sager, Happiness in Marriage" Chapter XI.~~ ~~Max Huhner, "Disorders of the Sexual Function" chap.V.~~ P. 63ff. Max Huhner, chap V. M. Sanger. chap II.

age above 50 years or there about and looses some of her sexual passion, they they find themselves impotent with her but potent with other women. "Such men are able to perform the act only when the woman actively or at least cheerfully and willingly yields herself. The sullen, supine position of the frigid wife is not enough to hold a man's love forever." (1). In some women this is not true, however, since they have carried the inhibition of pregnancy all their lives --now that they are free they begin to enjoy ~~the~~ sex relations. It is a sad picture when the husband has become impotent by this time.

"The question is sometimes asked as to how late in life the sex organs can function. Here, as elsewhere, the reply can only be that it all depends upon the individual. But this is true, that, as a rule, the status of the individual during the years of active life will persist, even to old age, if the sex-functions are used and not abused. There is no function of the body, however, which will go to pieces quicker, and ever after being a wreck, as will the sex organs, if they are not treated rightly." (2).

"This works both ways: If too rigorously held in check, if denied all functioning whatever, the parts will atrophy to the detriment of the whole nature, physical and mental. The body will become dried up, the sex organs shriveled, and a corresponding shrinking of the whole man or woman, in all parts of the being is very apt to follow. " (2). Long seems to have parted company

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1. B.S. Talmey, "Love" p. 195.
2. Long,"Sane Sex Life and Sane Sex Living" 121.

with many of the authorities upon the subject. Dr. Aonikow agrees with Lomgeupon this subject, and advises occational masturbation where the sex life is interrupted along in middle life and he expects to recontinue his sex activity later in life. I have been able to find no other information confirming this view, but many statements favoring continence with no reservations. (Night emissions taking care of the surplus).

"Normal sexual stimulation, far from driving the aged to an early grave, as old time Puritans have taught us, is probably the most potent factor of rejuvenation."

"Lorand, Stekel, Hufeland and others hold that sexual activity in the old, when it is possible, is conducive to longevity."

"Lorand mentions many interesting cases in which remarriage at incredibly advanced ages seemed in no way to curtail one's life span. Thomas Parre, who died at 162 was arrested for assault at 102 and married at 120. The Dane Drackenberg, who died at 150, married at 111 a woman of 60, became a widower at 130, and tried to woo a young peasant girl who, however, refused to accept him."

"Lorand adds that, according to his observations, old people with an erotic temperament have a better chance of survival than 'cold blooded' ones." "Hufeland says that married people live much longer than the unmarried and that no bachelor was ever known to reach a ripe age."

"The sudden bloom and general appearance of rejuvenation of old maids finally finding a mate, of widows who remarry and of neglected wives who give themselves to a potent lover, is a good physiological argument why winter should try to seek the violent

stimulation of a union with spring." (1). It may be rather tough on spring, however, ~~this~~ which fact was not in the mind of Dr Tridon when he tried to prove his point. I would rather think that the sex libido and potency were present and that made him live long and not the fact that he exercised his sex organs so long. It has been demonstrated that old men who have undergone the operation for artificial sterility have benefited by it because the fluid from the testicles was absorbed into the blood and not given off in ejaculation.(2).

Impotency in Women. Impotency in women is described as the failure to receive ~~to receive~~ an orgasm.

Among some of the common causes are; Coitus Interruptus, impotence on the part of the man, rapid or premature ejaculation, awkardness in coitus, fear of pregnancy, incompatability between the parties which builds up inhibitions, masturbation (titillation of the clitoris may overcome this), incompatability between organs, or some functional or organic maladjustment which adds to the psychic impotence, constant disappointment, disgust, improper attitude due to puritanical views, and then there are those congenitally formed with no libido, which hardly falls within the psychic impotence class. (3).

Cure for Impotence. First of all don't go to a quack doctor. There are always doctors who make a living from men who come to their office with tales of impotency.

Men, unlike woman, worries about his impotency until his bus-

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1. Andre Tridon, "Psychonalysis and love" p. 258.
2. Prof. D.D. Vaughn of Boston University School of Theology, taken from class lecture given 1930.
3. For reference see M.Huhner, 197ff. Long, 118f,

iness, his appetite, and his wife suffer as a consequence. Very often this worry is shown in other channels such as functional disorders in most any part of the body.

The case is mostly in the mental realm therefore, we have many remedies for impotency.

With the average female the course is somewhat different. "The same rule applies to both and the same conditions obtain, but she is not apt to have a similar functional depression, or physical deficiency, and is guided only by her feelings.

"The importunities of the husband with whom she must live become irksome and disgusting because she does not respond to his advances, but it never occurs to her that her discomfort is the result of her own physical state.

"Every time she yields without desire her condition is aggravated, as she is only irritated and not relieved by the embrace."(1).

Her unsatisfactory position makes her unable to withstand the ravages of time, and she is alarmed by her fading bloom and fleeting gracefulness.

"She may seek to improve or preserve her bodily contour by whatever means are suggested, and attention is often given to the bust and great efforts put forth for cosmetic purposes.

"The medicines recommended and taken by nervous women are the same as those used by deficient men. Strychnia, phosphorus and other nervertenics are given to both alike, and almost eve y other measure is resorted to instead of the most effective means to maintain

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1. Malchow ,"The Sexual Life." 289ff.

and restore personal and family comfort health and attractiveness. The woman's marital relations are already strained and, unlike the man, who eagerly invites and anxiously looks for physical evidence of vigor, she resists, despises and disdains to avail herself of nature's'fountain of youth'." (1).

It is not possible to remove the wife in every case because of home duties holding her at home. With the man it is different. He can be sent away for rest and relaxation from sex matters. "This is wholly impractical and should not be considered,"sending her away for a vacation,"and so long as she lives under the existing conditions she must have the relief from the excitement occasioned by her surroundings and be in a physical condition that permits of her availing herself of nature's requirement. When the sexual organs are sufficiently vigorous to meet the exactions of the system there will not only be personal bodily harmony, but the woman's actions will be in keeping with her surroundings and she will be enabled to live in ucison and rythm with her family and society. "(1).

It is rather hard to treat this type of woman since she will not receive the news of her frigidity or sexual impotency with kindness nor belief. She will deny that that is the cause of her troubles. It is the job of a trained physician to make the adjustment whether it be congenital, functional,or psychic. The psychoanalyst may help in making adjustments in the latter cases.

"Whenever a wife is conscious of the promptings of her womanly nature, the coming of the husband is anxiously looked for, and he

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1. Malchow,"The Sexual Life" 389ff.

is met with an inviting smile and greeted affectionately. His presence inspires animation and the hopeful, cheering mien of the wife becomes contagious, and the hearthstone is brightened and the home transformed into a peaceful abiding place.

"The physical condition causes the mind to be filled with thoughts of him who is known to bring the greatest of pleasurable feelings, followed by contented rest. The joyful anticipations beget a desire to please, and innumerable little acts that are known to be appreciated are contemplated and executed, as there is then a very natural 'desiring of desire'."

"With a congenial mate who is impelled to cheerful compliance with the innermost longings, that man must be wholly depraved who is not attracted and does not hasten to the side of her whose presence thrills and whose touch allevistes. The irresistable desire to fly to the peaceful refuge afforded by the outstretched arms of a loving woman is well known, and history teems with tales of those who have risked their all by reason of this allurement." (1)

What does all of this have to do with the cure of impotence? It is the cure all which holds a place above all the science of medicine in the cure of psychic impotence. For truly the ideal home is the prevention as well as the cure for these sad sexual maladjustments. It takes the confidence and worship of a woman to break the spell in many cases of male impotence, and it takes

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1. Malchow, "The Sexual Life". p.303f.

the wooing of the ardent lover to break the spell in the impotant wife.

Dr. Max Huhner adds this method to those mentioned above. A through examination especially by the lighted endoscope, then by the use of Christian Science and bread pills the patient is sometimes cured. The use of bread pills with the demand that he shall not have intercourse with his wife, although he may sleep with her in the meantime, until the pills have all been taken, sometimes performs a cure. Quite often the man breaks the doctors orders and because of the delight of picking forbidden fruit finds himself potent. The woman can often help in the process of cure by a little education in the means of coitus.

What for the incurable?

For the man who has no cure for his impotence we must give him something to replace this lost power or he will loose hold of life. "To a man of intelligence and education one may paint the way to higher things with greater compensations then mere sexual gratification. One can say to such a man,'It is time that life at the sexual level is finished for you but a larger life lived on a higher plane may be just beginning. Point your vision higher, not necessarily to dreams and the stars, but to a life with the poets, with the immortals of literature, art and travel, writing, painting, religion and its mysteries and comforts, and philosophy, which should be the final goal of all intellectual peace. You may live your life for service to your immediate circle or to mankind generally. Research of all kinds is open to you and freedom from the demands associated with living life at the sexual level will leave you more time for productive work. There are before

you many paths leading to peace. Why therefore, regret the passing of an appetite.'" (1).

In connection with this the wife must be instructed with the conditions faced by her husband and the dangers which are liable to befall him. She must never chide him because of his loss of manhood. She above all others must needs be kind and companionable as ever so he will not feel that he is loosing caste with her. Seperate beds and increased outside interests are advisable. Religion is often a comfort. A hobby, exercise, games, and bromides(if the desire persists) will help divert the interests.

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1. The Urologic and Cutaneous Review, Aug. 1929, Article,"The Psychology and Psychotherapy of the Impotent" by Michael Asnato M.D., page 531.

FRIGIDITY. Frigidity is the lack of sexual desire in the female. This may be partial or complete, congenital or acquired. This is not to be confused with that woman who cannot have an orgasm during coitus but still desires intercourse but this condition will soon lead to frigidity if not remedied. Frigidity is normal before puberty and in old age.

Causes of Frigidity. "Among most uncivilized races there appear to be few or no 'sexually frigid' women. It is little to the credit of our own 'civilization' that it should be possible for physicians to-day to assert, even with the faintest plausibility, that there are some 25 percent ofowomen who may thus be described."(1).

There is something wrong with out training or this condition would not exist, especially when a large percentage of those frigid are acquired frigidity. For the last 1900 years woman has been taught that the sex passion is low and degrading and sinful. From girlhood to maturity society has told her that it is sinful for her to show the least bit of sexual passion. Such women are affaid of their sex natures and for this reason they will not let them be stimulated by their husbands. Thus we can redially see why the inhibitions are stronger in the woman than in the man.

Is this view right or wrong? Margaret Sanger says it is wrong. "Dominated by erroneous ideas of propriety and modesty, many women have in this experience failed to attain that joyful ecstasy which is the legitimate fruit of marriage. The true wife will not be ashamed to give expression to her passionate love for

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1. Havelock Ellis, "Studies in Psy. of Sex",Vol.VI p. 550.

her husband. For in so doing, she may be assured that he will be proud of the passion he has brought to life within her nature and that its full-flowered expression will intensify and increase his love manifold. Its benefits will be reciprocal. " (1). The first trial may be a failure, and the following trials may be failures, but when the victory is finally won it will bring great joy and happiness. "The love of husband for wife and wife for husband can find no more beautiful expression than in this mutual effort to create for the beloved the joy one hopes to experience in the love embrace. This joy is the finest flower of monogamy; and the miracle of undying love is the fruit of such experience."(1)Margaret Sanger has set a high standard for married love and it will not be an easy task to attain that ideal.

The direct opposite of this ideal condition of love is expressed by Julie in "The Three Daughters of M.Dupont" "'It is a nightly warfare in which I am always defeated."' (2). It is this condition which leads many a woman to absolute frigidity. The husband should realize the danger and always seek to satisfy his wife.

Andre Tridon says,"The frigid woman is a cripple or a neurotic. Either she was born with poorly developed genitals or she was made abnormal by the unconscious fear of yielding to man's domination, or by a morbid sense of sin due to asceticism, or by painful or humiliating sex experiences before or after marriage. Her craving for motherhood is not infrequently the hypocritical expression of her desire for intercourse, which her puritan training would

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1. Margaret Sanger,"Happiness In Marriage", p. 140f.
2. Maude Royden, "p. 196. "Sex and Common Sense".

otherwise make lewd and sinful."(1).

Why is it that four out of five divorces in most communities are wrought by women? It is because the woman did not gain that sexual satisfaction out of marriage, in the majority of the cases.

It is up to us to see why this condition exists and remedy it as wisely as possible. We have listed the causes of impotency (2). which are about the same as those causes for frigidity. See page 85. There is one of these causes which has not been discussed previously and that is the case of the woman congenitally afflicted with frigidity. Sometimes these sex centers lie dormant in the unmarried women and have to be aroused in the marriage state. Some authorities hold that there is never a woman with normal sex organs who cannot be aroused by the proper art of love. Hadfield seems to have seen a peculiarity in women of this type. Often those women most dressy and apparently very strongly sexed are lacking in that libido which makes them good wives. Those "who seem to be oozing sexuality from every pore , by every article of dress, and in every perfume," have no localized sexual feeling and in marriage make very poor partners because of the sexual frigidity."(2).

This seems rather contradictory to the science of matrimony and I would say that someone made a blotch of things the first few nights of married life. ~~things, the first few nights of married life.~~ ~~Partial frigidity is that condition in women~~ which most of the sex desire is dead, and can be aroused only under rare con-

Effects of partial Frigidity.

Partial frigidity is that condition in women?

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2. Popenoe & Johnson, "Conservation of Marriage" p. 246.

3. A.J.Hadfield, "Psychology and Morals" p. 159.

1. Kneidon, 246f.

2. Popenoe, 40

ditions or extreme stimulus. Most of the experiences are not rewarded by an orgasm. Partial frigidity is leading to absolute frigidity in most cases if not wisely handled.

What are the effects of the constant disappointment received by these women. The blood rushes into their organs about the time the man receives his orgasm--thus leaving her unsatisfied and in a high state of excitement which gradually wears out those nerve centers of erection and orgasm. "This unsatisfied sexual tension may produce sleeplessness, irritability, general nervousness and depression. If the tension of such disappointing experiences is allowed to accumulate it is almost certain to seriously impair the health and contentment of the woman." (1). "A congested condition of the generative organs causes emotion (which may be said to be restricted motion) restlessness, nervousness and excitability; while a depletion of the same relieves the tension, restores an equalized ease."(2).

Cure for Frigidity.

Make sure there is nothing congenitally wrong with the woman or the man. A physician will have to be consulted for this, and if something is found unnatural he may be able to help in the cure.

In a large percentage of cases of frigidity the cause can be traced back to the fear of pregnancy. This must be taken away by adequate means of contraception which many doctors will furnish although it is against the law in many states.

The second step is the absolute assurance that each time the woman participates in the sex union she shall have an orgasm.

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1. Butterfield. "Marriage". p. 40.
2. Malchow, "The Sexual Life." p. 144.

This can be accomplished in several ways. The husband may be able to train his mind to such an extent that he can pospone the ejaculation until she receives her orgasm.(see Coitus Reservatus)page ____) If this is impossible and the art of love has preceeded the act of coitus (see Art of Love page) then as Butterfield and Long and others suggest the orgasm must be obtained by manual manipulation of the clitoris by the man preferably. "By whispered information she will be able to tell him of her progress and so aid him in varying the speed and the intensity of the stimulation that her orgasm may be produced in the quickest possible manner. Occasionally she may prefer to do the manipulation herself, and if so, it is quite proper for her to do it."(1) In some instances she may experience a lull in her sexual desire and if this occurs it is better to wait until her sexual desire returns. It may be said here that this practice should not be continued unless absolutely necessary for the female sex organs may reach the place where normal sex relations can never satisfy.

The other method used by some in relieving this condition and much to be prefered by many, is to wait until the husbands sexual desire has had time to recuperate from the first ejaculation then by a little stimulus from the hands of the wife erection of the penis will return as strong as ever, in most men. This time the pressure on the seminal vesicles is not so great and the ejaculation center is less active and coitus can be prolonged much longer before ejaculation takes place. In this way the orgasm

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1. Butterfield,"Marriage" p. 41.

in the wife can be reached in the natural way, and additional pleasure will be received by the husband. (1).

"For congenital frigidity, Rohleder recommends coitus during the menstrual period, as in even extreme cases of frigidity there is some sexual excitement present at this time."(2).

"Intercourse during menstruation was formerly tabooed absolutely, and it is ordinarily not desirable, but it is well known that the majority of women most desire intercourse just before or just after menstruation, and that some women have their strongest desire, perhaps their only desire, during this period. This condition should certainly be communicated to the husband, if he does not find it out, and intercourse should certainly be had at such times in these cases. The accidental witnessing of the copulation of animals, a suggestive remark overheard, a temporary strong excitement of any kind and many other things occasionally throw a sexually active woman into a state of profoundest sexual excitement. The husband so dull as not to find this out or who, knowing, does not apply the appropriate remedy, ought to be treated to public castigation. It goes without saying that wives should try to be kind to their husbands under similar conditions, provided these are not too frequent." (3).

Frigid wife.

What is the wife and mother to do if she is frigid and there is no help for her condition? Many frigid women make good wives and good mothers in spite of the fact that they are frigid. Many an intelligent wife stimulates sexual passion in her husband because

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1. Butterfield, "Marriage" p. 41.
2. Max Hunner, "Disorders of the Sexual Function" p. 179.
3. W.F.Robie, "Rational Sex Ethics" p. 217.

1. Butterfield 41
2 Hunner 179
3.

she loves him and desires to make him happy; although she herself ~~selve~~ does not get sexual enjoyment out of coitus. "In the absolutely hopeless cases it would be proper, for the peace of the family, to instruct the wife to simulate sexual excitement, including orgasm. There is certainly no harm in this fraud, if it answers the purpose , and it is certainly far better than the breaking up of a family by divorce, or the leading of the man into extramarital coitus, with all its dangerous consequences." (1). At times when the woman cannot have sex relations because of ill health or after childbirth it is advised that the woman by manipulation of the penis either by her hand or between her thighs, give this much desired relief to the husband.

Among some women there is a pride about their frigidity and although married they brag about the fact that they live above such things as lustful passions. It is no credit for such women to remain virgins. "'Yet the sour, shallow, sexless shrew is, as Jordan justly says, an imposture as wife, and her marriage is a fraud,'" quotes Napheys.(1).

The frigid woman is often the mannish type who makes a good executive in the business world. She is not an invert.

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1. Max. Huhner, "Disorders of the Sexual Function",p.179ff.

OTHER CAUSES OF STERILITY.

Whenwe try to find the causes of sterilityfrom the biological side we find the difficulties arising from the most varied and unsuspecting sources. First let us review what happens during normal menstruation and impregnation. "Menstruation occurs about every four weeks, when one or two ovules (rarely more) mature and are discharged into the fallopian tubes, down which they pass by the movement of the vibratile cilia of the mucous membrane, to the uterus, to the walls of which they become attached if they have been fecundated on the way.....The membrane of the cavity of the uterus isvery rich in blood vessels which beco e dilated and gorged with blood under the inhibitory influence of certain nerve centers. As the mucous membrane is very thin, the blood transudes through the mucous membrane and flows away. This is called menstruation ('courses' or monthly periods). The object of this is, no doubt, to prepare the mucous membrane of the womb for the fixation of the fecundated egg which will become grafted on its surface. The courses in woman generally last three or four days, but are often very irregular. It is necessary to point out that they do not depend on ovulation (expulsion of the egg). The two phenomena may take place independently of each other, for menstruation in itself depends only on nervous irritation."(1).

Condition in America.

In America with her high culture we find that the rate of sterility is gradually rising while the rate of fertility is grad-

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1.August Forel M.D.,PhD.,LL.D.,"The Sexual Question" page 56. Publisher--Rebman Co, 1123 Broadway, N.Y. 1911.

ually lowering, among the native white people. Of this class Dr. Child estimates twenty to twenty-five percent are sterile and that twelve percent of the women are absolutely sterile. In the other countries there seems to be a like increase of sterility with the increase of civilization. "In one century our rate of sterility has mounted from two to over twenty per cent, making us the least fertile of the civilized countries, speaking of native-born and not immigrant classes." (1). In estimating these figures there is always the difficulty of determining whether the couple are sterile or whether they simply choose not to have children.

"A fruitless union is one of Nature's saddest tragedies. Seldom if ever is a childless marriage a happy one, and only too often the sterility becomes a disruptive factor destroying the very integrity of the household." (2).

"Dr millard says,"It appears that poverty, degradation, inefficiency, ignorance, overcrowding, almost everything, in fact, that human judgment tends to disqualify for parenthood, are just the factors nowadays which too often co-exist with large families." (3). The old adage is true, "A rich man for luck, and a poor man for children." The better educated and the better able to support a family, are those who are not having the children. The reason for this is two fold. First, they do not choose to have children, and secondly, they are not as fertile as those of the lower class.

Primary Sterility

"Primary sterility denotes that a woman, while living with a fertile man in her period of sexual maturity, has yet never

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1. C.G.Child,"Sterility and Conception" pages. vi.page 7.
2. C.G. Child, "Sterility and Conception" page 1.

been pregnant." (1).

Secondary Sterility. "Secondary sterility indicates those women who, from the very beginning of their sexual life have had some condition responsible for the sterility."(1).

Acquired Sterility "Acquired sterility implies that the woman was originally potentially fertile but later contracted some condition that caused her to become sterile. His division includes both primary and secondary sterility." (1)

Apparent Sterility. "Apparent sterility, also called functional sterility and potential sterility. In this group are placed those women who, owing to some prohibiting condition of their married life, have never had a proper chance to become pregnant. "(1).

Absolute Sterility. "Absolute sterility exists where the uterus, tubes, or ovaries are absent; when the tubes are occluded, preventing the passage of the spermatozoa or entrance of the ovum; when the ovaries are so surrounded by adhesions as to prevent the ovum from gaining access to the tube or have their cortex so thickened as to prevent the liberation of the ovum. Cases coming under this head may be primary, congenital, or acquired." (1).

"Under sex incompatibility will have to be included all cases that do not properly come under any of the above headings."(1).

Anatomical Errors and Maldevelopment. Under the heading of anatomical errors and maldevelopment fall a number of peculiar and rare cases. Sometimes the vagina, ovaries, or tubes, or uterus are absent or underdeveloped. If

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1. C.G. Child, "Sterility and Conception" p. 40.
(For the remainder of this subject on "Sterility" I take Dr. Child as my authority unless otherwise mentioned.)

the organs are entirely missing there is little that can be done, but if they are only underdeveloped there is some hope of stimulating them into growth. (Child p.46f.)

Suspension of Ovarian Activity. The suspension of the ovarian activity is quite often experienced at the period of lactation, and of course pregnancy, during some great sorrow or shock to the nervous system, and after the menopause. Some great sorrow may cause a premature menopause even at the age of thirty-five. The suspension of menstruation does not always mean a suspension of ovarian activity. (Child p.46) "Cessation of menstruation is not to be considered an infallible test of sterility Ovarian tissue may not be active enough to furnish sufficient 'hormone' to institute a complete menstrual cycle, yet this tissue may ovulate and provide a corpus luteum." (Child p.72).

Sterility and Nutrition "McCallum, Osborne and Mendel have pointed out that diets lacking in the mineral salts, especially calcium, and in a sufficient amount of the proteins, produce a lowered fertility."(Child p.46f)

"Experiments carried out by the University of Wisconsin 1906-1911, on young heifer calves weighing about 350 pounds each, show some startling results. One group was fed on the corn plant including the whole plant, another group was fed on the wheat plant, and another upon the oat plant, and still another upon the three plants mixed. At the end of the first year or so the corn fed animals were by far the finest group. The oats and the mixed fed cows came next, but those fed upon the wheat were far inferior.

The reproductive records of these different groups were studied and the corn fed cows carried their calves the full term and within one hour after birth they were able to stand and suck unaided. The wheat fed cows gave birth to their calves three to four weeks early and weighed only 46 pounds as compared with the corn fed calves which weighed 74 pounds. All of the wheat fed calves were born dead or died within anfhw hours after birth. The calves from the oat fed mothers were born two weeks too soon. They weighed on the average of 71 pounds, but one was born dead two lived a day and the fourth one lived with much nursing and care. The cows fed on the mixture of grain gave birth to calves which were weak and inferior. The milk production of the cows was recorded with the following results over the first six weeks. Corn 24.03, Wheat 8.04, Oats 19.38, and the mixed grains 19.82 lbs. of milk per cow per day during the first thirty days. "The observation was made that the urine of the wheat-fed animals was invariably distinctly acid in reaction, whereas that of the other lots was alkaline or neutral." (1).

(1). (page 128) In 1922 Evans and Bishop published a remarkable series of experiments. They worked with rats and found by excluding the vitamin E. from the diet that the rats were made sterile and the action was the same in either male or female. Then by feeding them this vitamin E. the female could become fertile again. In the male they found that it led to the destruction of

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1."Chemistry and Medicine" by Julius Stieglitz. Chapter written by E.V. McCollum, Ph.D., Sc.D., and Nina Simmonds, Sc.D. page 128. published by "The Chemical Foundation, Inc. 654 Madison Ave. N.Y. 1928.

the germ cells and in time to the entire seminiferous epithelium. This vitamin E. is found in most abundance in the lipoid extracts of cereal grains, and in various kinds of leafy vegetables.

Fat women are notably sterile for some unknown reason or other. "Fat women are not as fertile as their thin sisters." (Child 47f). There is a custom among some primitive tribes to fatten their wives after they have enough children and thus control their birthrate. Sometimes young fat women are much sought after by the young men of these tribes.

Over Indulgence.

Over indulgence in sexual intercourse sometimes causes sterility according to some authors. Dr. Child is of the same opinion. Rest and continence are the best cure for this condition.(Child 48)

Tubal Occlusion.

This condition is known quite generally as an obstruction in the Fallopian tubes which does not permit the ovum to come down from the ovaries. Sometimes it is caused by acute septic infection resulting from abortion, miscarriage, labor, or gonorrhea.(1). The last cause by some authorities is estimated from 34 to 70 per cent of all sterility. (2). By the proper operation these tubes can be cleaned or spliced together to make them function. "While Gonorrhea is a sufficiently serious disease in the male, it is vastly more so in the female, being responsible for from fifty to eighty per cent of all cases of chronic inflammation of the pelvic organs. Its ravages render the great majority of such cases chronic invalids for life."(Child 49). (3).

Inflammation.

Inflammation of the uterus, cervix or other organs may

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1. Child. page 142f.
2. Robie "Rational Sex Ethics" p. 24.
3. For further reference see last note (1) page 64. For determining the condition of tubes see Child p.69.

2. Robie. 24
3. For further reference see foot note (1) p. 64
For determining the condition of tubes see Child. p. 69.

Artificial impregnation is also sometimes resorted to in these cases and found successful. In artificial impregnation the semen is injected into the uterus by mechanical means. This method is still in the experimental stage and many doctors are afraid that other conditions may cause the sterility and if the impregnation were forced in this way it would cause other serious complications. (Dr. Vaughn, Attleboro, Mass)

Vaginismus This is a condition of the muscles of the vagina tightening up at any attempt of coitus, making coitus impossible. This condition can be caused either by a physical or psychological condition of the woman. The first is rather serious and has to be operated upon, while the latter may be cured by taking away some of the inhibitions. The latter condition is quite often the result of ignorant coitus upon the bridal bed. (Child 82f)

Dyspareunia. Dyspareunia is that condition of the vagina or uterus which makes coitus very painful for the woman. This in itself is not the cause of sterility but quite often is the cause of infrequent attempts at coitus. Sometimes the pain is so severe that the woman refuses any approaches after the first attempt. The inflammatory diseases of the genital organs are a common cause of dyspareunia, and discourages all later attempts at coitus. Gonorrhea is one of the diseases which inflames the tissue causing this condition.(Child p.84f)

Kraurosis Vulva. "Coitus is at first painful and later impossible in the presence of kraurosis vulva. This disease is characterized by a shrinking of the skin of the vulva and perineum, atrophic in nature, and as a result of which the cutaneous folds become obliterated,

leaving the integument smooth, dry, and with a pale shiny appearance quite typical of the disease. Due to a loss of elasticity, the tissues are brittle and tear easily on the slightest attempt to open the vagina. Intense itching and burning are often present, so that in the beginning, before the characteristic pathological changes in the tissues have appeared, it is frequently confused with pruritis. "(Child 85) Child thinks there is little chance of cure for this disease.

Chronic Cervicitis. When the cervix becomes inflamed so as to stimulate the glands of secretion to such an extent that there is a continual flow through the cervix than there is little possibility for the spermatazoa to pass by and fertilizedthe ovum. If,however, the cervix can be freed of this mucus long enough for the spermatazoa to pass then fertilization can take place. Often a Bier Cup, which is a tube with a bell shaped cup on one end and at the other a rubber suction bulb, may be used to draw out the mucus twice a week for a time and usually this will relieve the sittation and pregnancy will follow. In severe cases there must be an operation. (Child 89)

Laceration. The same condition may exist when the cervix has been lacerated by childbirth. (Child 93). These lacerations may cause abortions. When the cervix is repaired the condition is often relieved.

MALE STERILITY

It is estimated that from twenty to fifty per cent of sterility in American marriages is due to the male. It is not enough that a man can cohabitate regularly and naturally that one can say he is fertile.

The testicles may contain no life spermatozoa. Pathological conditions may prevent the spermatozoa from reaching the seminal

vesicles. The man may be impotent and cannot deposit the semen in the vagina. Exposure to the X-rays may cause sterility especially in those who work with it. (Child 42)

"Recent statistics of semen studied assembled from twenty-nine reporters and covering over two thousand cases affirm male responsibility in approximately one third of childless marriages." (1).

Any diseased condition or inflammation of the testicles or spermatic duct may be the cause of sterility. "A physiological diminution or complete absence of the spermatozoa is seen in various constitutional diseases, such as alcoholism, chronic seminal vesiculitis, prostatitis, posterior urethritis and from a too frequent sexual indulgence, as in the case in the sexual bankrupt." ((Child 62) Sometimes the semen is thrown into the bladder instead of out through the penis due to some malformation of the posterior urethra either congenital or acquired. (Child 63)

Life span of the Spermatozoa. "Under favorable conditions the spermatozoa are very tanacious of life, withstanding considerable variation in temperature, and have been found to retain their vitality in frozen semen for six days, and in an incubator at the normal blood temperature for eight days. Extremes of temperature, above 47 degrees and below 15 degrees centigrade, destroy them. They have been found alive in the female genital tract for a period of twenty-five days. Alkaline fluids favor their life, while acid media hasten their death." (Child 60). (see page 29).

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1. The Urologic and Cutaneous Review, Aug. 1929. "Studies of Obscure Cases of Sterility". Wm. H. Cary, page 567.

"After ten hours or more, live spermatozoa are rarely, if ever, found in the vagina, but in the cervical canal they live much longer and may even be found in an active state days after coitus."Child 69)

Old age. and Youth. The most fertile age for the male is from 18 to 40 when there is usually a decline in the fertility although it does not have a definite ending as in the female. Some have been known to retain their fertility past 70 years. (Child 60) "Mathews Duncan's comments on the results of his studies were most interesting and he concluded,'that about seven per cent of all the marriages between fifteen and nineteen years of age inclusive are without offspring; that those married at ages from twenty to twenty-four inclusive are almost all fertile; and that after that age, sterility gradually increases according to the greater age at the time of marriage.' His study of this question still remains the standard, and its accuracy has never been challenged."(Child 48)

Havelock Ellis (p.35) tells us that the earliest age a girl has been known to conceive is eight year old, while thirteen years of age is the earliest boys have been known to beget children. "This, it may be remarked, is also the earliest age at which spermatozoa are found in the seminal fluid of boys; before that age the ejaculations contain no spermatozoa, and, as Furbringer and Moll have found, they may even be absent at sixteen, or later." (1).

Artificial Impregnation. "Breeders of valuable animals have taken advantage of the vitality of the male reproductive element and are continually putting

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1. Havelock Ellis, "Studies in Psychology of Sex" page 35.

this knowledge to good use. Mares are not only fertilized by the seminal fluid from stallions without actual contact, but several are made to become with foal by the use of one emission, and the seminal fluid is even shipped to a distance for this purpose." (1). (also see page 29)

This is opening up a new field of procreation. Quite often the blood of the father is tainted in some way ~~such as~~ with insanity, or feeblemindedness, and in these cases this characteristic should not be passed on to the next generation. Is this couple going to be denied the pleasure of children in the home? Another case confronts us of sterility in the male only and will come under this condition. If in the animal world artificial impregnation is possible then why is not the same condition true in the human race. Semen can be obtained from other sources than the husband/and artificially injected into the vagina or uterus of the woman. Now the question comes up, where shall the doctor obtain this semen. First it must be biologically as perfect as possible according to all the laws of eugenics, and science. If in the case of the taint being on the side of the mother of the husband the semen may be obtained from the father of the husband. In the case of sterility in the husband but no biological taint the semen from a brother of the husband would have both the father and the mother trates passed on to the ofspring. This,however, would not be absolutely the same biological strain as if the husband furnished the semen but it would be as close to it as

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Walshow, "The Sexual Life" 263.

could possibly be obtained.

There is still another drawback to this theory and that is a problem in the field of sociology. What would be the effect upon the mother?, the husband, and the true father of the baby? Would it tend to enstrange the husband and wife and bring closer together than would be wise the mother and the true father? What would be the effect upon the son or daughter if the facts were revealed? What would the opinion of society be in this case and what effect would it have upon the parties concerned? What if the child were diseased or deformed or a failure in life, would the true father take the blame?, or would it rest upon environment? It is a great step and should not be taken without all the possibilities faced squarely and fairly. Would a physician ever be justified in performing this act of artificial impregnation with out letting the parties involved know what was being done? The next few years will reveal the possibilities and limitations of this theory.

Artificial Sterility. There are many men and women who are afraid because of some hereditary taint or because of some disease, which makes pregnancy extremely dangerous in the case of the woman (T.B., Heart trouble, etc), to get married unless they are sterile. Should these men be denied the happiness of marriage, with those of like affliction, if there is no danger to society in such a wedlock? On the other hand it would be a great benefit to society to have these people happily married and helping to raise babies who have no home.

It would furthur lessen the problem of prostitution. (1).

There is another class of people who could live much more happily outside of institutions if they were made sterile, and this class takes in all the criminally insane, and feebleminded, as well as many with some physical malformation which may be hereditary. This would be much cheaper than the present method of segregation.

The methods of artificial sterility are very few but very effective.

Castration. This method is inhumane and detrimental to the proper growth of the individual. It robs the individual of the internal secretions of the testicles which make for manly characters in the man. (2).

X-Ray. This method is not yet very successful and the results are rather questionable. "The sterilizing effect of the X-ray is also well recognized, and prolonged and repeated exposures result in atrophy of the ovaries, with a corresponding cessation in their activity." (3). "Prolonged and frequent exposure in the male destroys the spermatozoa, but does not affect the power to cohabit." (3). Dr. Konikow said that experiments were being conducted now, and were proving successful, where the exposures were for short periods of time.

Inoculation. The Russian doctors are experimenting with different fluids which are being inoculated into the arm of the woman causing her

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1. Popenoe, "The Conservation of the Family" p.49.
2. "Chemistry and Medicine" Chap.VI.-Article 5 by Charles R. Stockard, Ph.D., M.D.Prof. of Anatomy, Cornell Uni.Medical College (For furthur Discussion on Castration) P.260F.
3. Child. p. 48 & 64.

to be sterile for short periods of time. It is hoped that this method will prove successful.

Operation. There is another method which is proving successful and which is being practiced in California upon the feebleminded. Dr. Stockard gives a detailed description of this method with all the complications yet known about this "The ovaries and testicles, it must be remembered, are complex or mixed in this regard, since they have ducts for the passage of the ova and spermatozoa, while their hormones or internal secretions are not delivered into these ducts, but pass directly into the blood capillaries and thus into the systemic circulation. This arrangement is of considerable practical importance, as it makes possible the separation of the problem of reproduction of progeny from the internal secretory influences of the gonads. It is possible, for example, to sterilize criminals and the mentally defective by tying off or obliterating the ducts leading from the testes to the urethra in the male or the oviducts or fallopian tubes leading from the ovaries to the uterus in the female without modifying the internal secretions of the gonads or changing the physical character or the sex behavior of the person. Such operations for preventing the reproduction of future defectives are thus from the physiological standpoint perfectly proper. On the other hand, the entire removal of the ovaries or testicles as a means of preventing reproductio n not only does this, but immediately deprives the body of an important internal secretion which the gonads had supplied. "(1).

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1. Chemistry and medicine" (see footnote (2) of page 110) page.259f.

"The patient should understand that such an operation does not deprive him or her of sexual desire or exprssion. It simply renders the patient incapable of producing children." (1). There are no spermatozoa present in the semen after this operation has been preformed. In the male this operation is very easily performed but in the woman it is a major operation.

Use of Contraceptives. In America and in many other countries there is developing a science of contraception. By the use of chemicals the spermatazoa are killed in the vagina before they reach the uterus. A pessary is sometimes used to keep the spermatazoa from getting into the uterus before the acid of the chemical has time to kill the spermatazoa or they die a natural death. The condom is sometimes used to prevent the expulsion of the semen into the vagina. Some of the primitive men used to burn a hole in the urethra, which let the semen escape outside of the uterus. Douching with chemicals which wash out as well as kill the spermatozoa is only effective in some cases. Withdrawal of the penis before ejaculation has been used for ages, and successful in some cases. Any one of these methods is not 100 per cent efficient, but by the use of two, fairly good results are obtainable. The pessary and some chemical to kill the spermatazoa is the best method yet discovered. As yet the information concerning the use of these methods is prohibited by law in the United States except in some states under certain strict conditions. I am not allowed to give my bibliography of this topic here in Massachussetts.

Abortions. Abortions are another method of limiting the family and avoiding those undesirable babies from various reasons. "There is no known medicine which, when taken into the system

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1. Margaret Sanger, "Family Limitation" p.4.

in non-poisonous doses, has a sufficient specific action on the womb to cause this organ to empty its contents when pregnancy has begun in a healthy woman who has not previously miscarried."(1).

"That miscarriage is sometimes produced by enormous doses of such drugs cannot be denied, but their action is not upon the womb alone, but is the result of constitutional disturbance, and their use is further dangerous in that they establish a predisposition to miscarry that makes it very difficult for a woman to subsequently bear a child if she so desires and has once miscarried."(1).

"The retention of some of the products of conception occurs frequently and the putrefactive changes place the woman in a most dangerous condition. In this event, the only hope of saving the woman's life lies in an immediate operative procedure, which not seldom proves to be of no avail. " (1). There is danger of hemorrhage and inflammation due to the absorption of septic material. (1).

"We often find children wetting the bed up to a late age, as well as suffering from other organic weaknesses, which may be traced back to the mother's frantic attempt to "Come around""(2).

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1. Malchow, "The Sexual Life." p. 168ff.
2. M.Sanger,"Family Limitation"p. 21.

THE ART OF LOVE
AS A MEANS TO PROCREATION.

It is a known fact that congeniel sex relations make for better conditions for procreation. If the sex relations are not congeniel conception may take place in the normal woman, but for that woman who is in some way abnormal either physically or psychically, congeniel sex relations are rather important for to conception. For both classes of women this chapter may be instructive in the building of happy homes.

What is the are of love? It was Havelock Ellis who made the world recognise love as an art. "Casanova and others have said that the art of love "is the art of seduction, courtship, and sexual gratification: it is an art which culminates in the sexual act." But Mr. Lippmann holds that of Mr Ellis who when he talks about love as an art says,"'The act of intercourse is only an indicent, and not an essential in love.' Incident to what? His answer is that it is an incident to an 'exquisitely and variously and harmoniously blended activity of all the finer activities of the organism, physical and psychic.' I take it to mean that when a man and woman are successfully in love, their whole activity is energized and victorious. They walk better, their digestion improves, they think more clearly, their secret worries drop away, the world is fresh and interesting, and they can do more than they dreamed they could do." (1).

If it is true that love of this kind does give us more

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1. Walter Lippmann, "A Preface to Morals" p. 295f.

power to do our tasks then it is God given instinct which should be cultivated. "If sexual union is a gift of God it is worth learning how to use it. Reciprocity in sex love is the physical counterpart of sympathy. More marriages fail from inadequate and clumsy sex love than from too much sex love." (1).

So love is an art! Then why have we failed so many times? Because no one has told them that it was an art nor how to practice it. "No one seems to have told them(men) that love is an art, and that to gain real possession of a woman's soul and body is a task that requires the whole of a man's best skill and insight." (2)

"Women are prone to be errant pessimists when it comes to love, and to imagine that they are no longer loved unless they are constantly reassured" (3) It takes a real man to love and completely satisfy one woman in love, any fool can win the sexual embrase of several women. Real love is an art not a sexual passion. "Happiness in marriage does not spring full grown from the bridal bed. To endure, it must be won gradually.---It must be carefully nurtured, cared for, studied and directed." (4).

Difference in Sexual Libido. "Man thinks of courtship as a means to an end; woman, as an end in itself" (5) "Man loves more ardently, then truns to his work again, while love is perpetual in woman." (6) A spring time cartoon portrayed a matter of fact couple sitting upon the park bench intently watching two lovers walking down the path arm in arm. The man casually said "Spring is here when a young man's heart

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2. Ellis, "Studies in the Psy. of Sex," vol. VI, p. 531
3. Lord Dawson of Penn. "Love-Marriage-Birth-Control" p. 19.
4. M. Sanger, "Happiness and Marriage" p. 121.
3. H.W.Long, "Sane Sex Life and Sane Sex Living" 144.
5. Groves, "Social problems of the Family." 114.
6. S.Eddy, "Sex and Youth" 62.

turns to love". She replied,"Spring is here when a young man's heart turns to what the young lady has been waiting for all winter."

"Sex in women is more diffused, and it is usually more constant, more loyal, more complete and consuming. In her relation to her husband and children it often fills her whole life. Thus Byron says; "Man's love is of man's life a thing apart, 'Tis woman's whole existence.'" (1). We find in man a libido which is easily aroused at any time but that of the woman lies deeper and is dependent upon moods, physical conditions, and upon the environment. When once aroused in a sexual way she does not subside as quickly as the man. Therefore, the results are far more serious than in the man, when the sex passions are not satisfied in the sex act. This difference must be studied by both parties and respected at all times if happiness is to follow. "Great patience should be exercised on the part of both, and a receptive attitude in which one lives and loves and learns. While with some couples adjustment is almost instantaneous, with many others, even with those whose knowledge is complete and whose efforts are mutual, it may take months or years."(2).

Difference in women. Libido. Dr Malchow has given four different classes into which most women will fit, when it comes to marital relations.

"First: Women so situated and constructed, both physically and mentally, that they respond to the caresses of the husband at all times." (5%)

"Second: Those who can under reasonable circumstances, by

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1. Sherwood Eddy, "Sex and Youth". p. 62.
2. Butterfield, "Marriage". p. 32.

a voluntary effort hasten or retard the climax to meet the varying conditions under which they live."(50%)

"Third: Those who are unable to properly participate, or bring into requisition any physical or mental methods to produce simultaneous orgasm, or harmonious relations, but are left excited, nervous and unsatisfied after coition.(30%)"

"Fourth: Women whose sexual passion does not become aroused; who do not derive any pleasure of benefit from copulation, and who cannot conceive how the act can be pleasurable for anyone." (15%).

"This division is somewhat arbitrary, as it is possible for a woman to be put in any of these classes at different times during her marital life." (1).

The Aggressive Party? It is rather difficult to answer the question, which should be theaggressor in the act of intercourse. To begin with the man is usually the aggressor but havingonce experienced the pleasure of intercourse she should be the one to lead in the proceedings of coitus. It is the woman who has the difficulty ingetting the orgasm,therefore, she should plan so as to reach this climax. If she is responsive on particular evenings the husband should notice it and follow these leads, for upon those evenings it will be much easier for her to enter into the relation. "Until such a time when a woman really knows all that the sexual act affords, the bedroom etiquette of the pair, and the varying results, are very largely what the man makes them; but after this time,

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1. Malchow, "The Sexual Life". p. 219f.

in everyday life, it is practically the woman who is most responsible for the congeniality of the sexual relations. Some women will not discuss or reveal to their husbands their personal sexual status, but will confide to the physician many things which, if known to the husband and judiciously acted upon would very often be conducive to the couple's mutual benefit."(1).

"The common belief that a show of passion to the husband will forfeit his respect and devotion, may keep some women from assisting themselves to an orgasm. Thoubh there may be some ground for this opinion, yet whatever a man may admire in a woman outside of marriage, when he is joined with one in wedlock, every sensible man appreciates a flesh and blood woman in his bed quite as much as at his table, and practically, wifely obligations are much more satisfactorily discharged by supplying sexual refreshment than by simply helping to deplete the family larder."(1).

"Not every women is like Pope's 'Wife of Bath', who was blessed with a 'Wondrous gift to quench a flame'."(1).But it lies within the power of every man to arouse this gift within her, unless she be the rare cold variety. Let each one remember that love is a fire that needs fanning and replenishing.

In 1688 Zacchia in his great medico-legal treatise gave the husbands some light upon the subject of sexual awareness. "'Women,' he says,'when sexual desire arises within them are accustomed to ask their husbands questions on matters of love; they flatter and caress them; they allow some part of their body to be uncovered as if by accident; their breasts appear to swell; they

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1. Malchow, The Sexual Life." 233f. and 133.

show unusual alacrity; they blush, their eyes are bright; and if they experience unusual ardor they stammer, talk beside the mark, and are scarcely mistress of themselves. At the same time their private parts become hot and swell. All these signs should convince a husband, however inattentive he may be, that his wife craves for satisfaction'" (1). The wives may find this method of wooing quite practical. It is well for each to remember those things which were so attractive to the other during courtship days, and keep these things ever living. These are called fetishes and are most effective in kindling old fires. Fetishes grow out of pleasurable associations when children or later and usually continue throughout life. It may be flowing golden curls, or patent leather shoes, silk socks, or white fur, but whatever it is usually good for the soul.

Courtship before Coitus. There is a period before proper coitus which is called the period of courtship. This is the period which is used to arouse the sexual desire of both parties before intercourse is attempted. The wise husband will soon learn to control his own emotions until he has aroused her emotions, and the wife will confide in him those places where his caressing is most pleasing to her. A gentle massaging of the clitoris is most pleasing and helpful in arousing the organs and glands to activity. This cannot be done immediately, however, since most women require a more gradual courtship, and that which at first seems distasteful soon becomes most pleasing. "The goal of such special stimu-

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1. Havelock Ellis, "Studies in the Psychology of Sex." Vol. VI. 544. (Zechiae Questionum Medicolegalium Opus, lib. vii, tit. iii, quaest. I; vol. ii, p. 624 in ed. of 1688).

lation is the proper distribution of the natural lubricating fluid over the external parts of the woman, and to bring her emotion to the same key as that of her husband so that when the union is made they may continue on to the climax together. Should the man's excitement and erection have relaxed while he is helping his wife a similar handling of his organs by her will usually produce the desired results."(1).

Havelock Ellis quotes from Vatsyayana one of the old Hindu erotic writers. It seems they are masters in the art of love. In speaking of the preliminaries of the sexual act he says,"He must do all he can to procure her pleasure. When she is on her bed and perhaps absorbed in conversation, he gently unfastens the knot of her lower garment. If she protests he closes her mouth with kisses. Some authors, Vatsyayana remarks, hold that the lover should begin by sucking the nipples of her breasts. When erection occurs he touches her with his hands, softly caressing the various parts of her body. He should always press those parts of her body towards which she turns her eyes. If she is shy, and it is the first time, he will place his hands between her thighs which she will instinctively press together. If she is young he will put his hands on her breasts, and she will no doubt cover them with her own. If she is mature he will do all that may seem fitting and agreeable to both parties. Then he will take her hair and her chin between his fingers and kiss them. If she is very young she will blush and close her eyes. By the way

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1.Butterfield, Marriage." 28.

in which she receives his caresses he willdivine what pleases her most in union. The signs of her enjoyment are that her body becomes limp, her eyes close, she looses all timidity, and takes part in the movements which bring her most closely to him." In case the woman does not receive the orgasm Vatsyayana adds," it is his duty to rub the vulva with his hand before union until it is moist, and he should perform the same movements afterwards if his own orgasm has occurred first."(1)

Dr. Robie gives us some instruction along this same line. "Kiss without shame, for she desires it, your wife's lips, tongue, neck; and, as Shakespeare says,'If these founts be dry, stray lower where the pleasant fountains lie.'.....Kiss her nipples, arms, and abdomen. Hold tenderly and manipulate softly her breasts, and delic tely, when she yields nestlingly, caress her nipples. ------Always remember this truth, that no woman lives who is so glacial that she will not respond to the tactful insistence of the right man. .....As a rule the husband should gently manipulate her clitoris with his finger until her parts are thoroughly bathed in moisture and her excitement is supreme."(2).

One of the most important things to remember is personal cleanliness. The excretions of the body are disagreeable to refinement and the odors are disagreeable. This is particularly true of the genital organs unless they are bathed every day. Some women have a great deal of trouble along this line and should consult a physician as to the proper treatment. If the body odors are ofensive and cannot be removed the aid of some perfume may be the

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1. Havelock Ellis, "Studies in the Psy. of Sex", p.546.
2. Butterfield."Marriage" 33. (Quoting from Dr. W.F.Robie)

solution. There is a relationship between the perfume and odors of flowers and the sexual desire, which can be used by the wide wife in conveying her desires to her husband.

Dangers of Petting. There are some women who delight in being kissed and fondled by their husbands as before marriage but do not wish to go furthur. at that time. This is taking an unfair advantage of the husband and she should not be surprised if she finds him unmanageable. If on the other hand she lets him know definitely what she wants sometimes her wants can be satisfied perfectly easily. If on the other hand his advances are tolerated beyond a certain point she has no right to denigh him furthur privileges. Those trained in the art of love will soon learn how far to allow petting to go without telling the partner the truth. (1). Freud, Talmey, and Huhner would condemn this kind of petting just as rigidly as petting before marriage. They hold that the stimulation of the sex organs and nerve centers may cause impotence and nerve strain the same as when the woman does not get the orgasm.

Environment. Among the more delicate things for consideration is the environment for these relations. The mind as well as body must be in tune. All objects of disobedd must be removed no matter how trifling. One of the main things above all else is privacy. "He seeks to remove all obstacles from the path of their triumphant lwe flights---the petty obstacles of worries, fears, inhibitions, all signs of fatigue or external influences that might invade the peace of mind and break the chain of ardor and desire

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1. Furthur reference see Robie,"Rational Sex Ethics" 215 and 222.

in its successive links." (1). Some women like to have the in darkness but most of them like to have some romantic light such as was sought after before marriage. Keep the romance of love burning ever in this room as well as in other rooms of the home.

Evening Preparation. Some women find it very desirable to take a bath just before retiring, into A freshly made bed gives an added glow to both the physical and psychic natures. For those using contraceptive it is advisable that she prepare for the relation before retiring and thus take away from the embarrassment of interupting the proceedings at a most inopportune time.

The Attire. Again let the desires of the couple determine what they shall wear. "The eye is a positive factor in the experience of all married lovers. The sight of delicate lingerie worn decorously delights many husbands, but all husbands, and without doubt all wives, sooner or later have times when they desire to see their mates in 'Birthday' raiment only." (2). Let there be no shame for our bodies are sacred to each other.

The Second Part of Coitus. The second part of coitus is the union of the sex organs. In the newly married it may be necessary to lubricate the parts with some oil such as vaseline. This is not advisable in later months since it lessons the friction of the membranes of the vagina upon the penis which is less pleasing in intercourse. If the period of courting is sufficient the parts will be bathed in the natural secretions from the vagina.

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1. Margaret Sanger, "Happiness in Marriage" 129.
2. Butterfield, "Marriage" p.35 (quoted from Robie, "Sex and Life")

"As the organs become ready, nature has provided a most wonderful means for bringing about their easy and happy union. Both the male and female organs secrete and emit a sort of lubricating fluid which covers and sometimes almost floods the parts. This is a clear and limpid substance, that looks much like the white of an egg, and is much like the saliva that is secreted in the mouth, only thicker. Chemically, it is almost identical with saliva. That generated by the man is called prostatic flow, that produced by the woman pre-coital secretion. "(1).

"The glans penis is then covered with this fluid, and the vulva and all the walls of the vagina are laved with the substance. At the same time, the vaginal walls have widened and grown soft, and all the parts of the vulva are in like condition. The result is that, though the penis be what might at first seem of such size as to make its entrance into the vagina impossible, as a matter of fact such entrance is perfectly easy, when the parts are fully ready to be joined. But not before or otherwise."(1). If this part of the proceedings is hurried it will cause the woman great pain which will kill the sexual feeling in her. In this whole act of coitus there is just a hairs breadth between the most exquisit pleasure and severe pain. The man must become acquainted with those motions which cause pleasure and not pain.

"Here it becomes necessary to say something about the position of the parties in making such union. There are a large number of these possible, but here, only the most common one will be considered. This is for the woman to lie flat on her back, with her legs wide apart, and her knees drawn up so that the angle made

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1.Long"Sane Sex Life and Sane Sex Living" p. 65f.

by the upper and lower part of the leg shall be less than a right angle. Her head should not be too high, there should be no pillow under it. "

"Her husband will thus be over and above her, and he should sustain himself on his elbows and knees, so that little or none of his weight may rest upon her. In this position it is perfectly natural and easy for the organs to go together, when properly made ready. The woman should also place her heels in the knee hollows of her husband's legs, and clasp his body with her arms."

"The entrance of the penis into the vagina should not be too abrupt, unless circumstances are perfectly favorable for such meeting and it is the wish of the wife that it be made in this way. If there is any pain, the meeting should be gentle and slow, the penis workingits way into the vagina by degrees, till, finally, it is entirely encased therein. Once thus together, the vagina and uterine cavity will still further expand, till in due order, the two organs will be fitted together perfectly."(1).

The Third Part of Coitus.

"Once well together, and the organs perfectly settled and adapted to each other, the third act begins, namely the motion of the organs---the sliding of the penis back and forth, partly in and out of the vagina, though this in not really the best way of describing just what should take place. What should actually be done is, that the two organs should engage in this motion, which is common to them both. They should mutually slip a few inches back and forth, each party to the motion doing a fair

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1. Long,"Sane Sex Live and Sane Sex Living", p. 65ff.

half."

"It is often supposed that all the motion should originate with the husband--that the woman should lie still. This is, however, a great mistake, and one that has caused an endless amount of ill to untold members of husbands and wives. And for the following reasons:

"In the position just described, if the wife has her arms around her husband's body and her heels in his knee-pockets, while he supports himself by his elbows and knees over and above her, resting none of his weight upon her, it is perfectly easy for her to lift her hips up and down, or sway them from side to side, or swing them in a circling motion, as she may choose to do. If, however, the man lies heavily upon her, holding her down with the weight of his body, the possibility of such action on her part is prevented, and this results disastrously to both parties. In this part of the act, the husband should take the utmost care to give his wife the full and complete freedom to move her hips as she chooses, and as a successful climax demands that she should."

"If the wife be left free to move and the motion proceeds as it should, what immediately follows will vary in a great degree. Thus, the time taken to reach the climax may be a few seconds, or several minutes, may require a mere half dozen motions, or several hundred! All depends on the intensity of the desire of the husband and wife, especially the latter, and their skill."

The effect of this motion is to still further excite and still more distend all the organs involved. Normally, the motion grows faster, the strokes becoming as long as the length of the

organs will possibly permit without separating them. The flow of the lubricating fluids, from both organs, becomes more copious, till, all at once, the orgasm, or fourth stage is reached!"

When the penis is inserted into the vagina it should come to rest for a few seconds before furthur progress is made. This gives the vagina time to adjust itself to the penis and if there was any pain at the entering of the penis it may soon pass away. In some cases the penis may be too long and care should be exercised not to rupture the vagina or cause the woman pain.

The motion of the penis in the vagina should be of such a nature as not to over stimulate the man but to highly stimulate the woman. It is usually the case that the man can obtain his orgasm much sooner than the woman, and if care is not exercised he will get his orgasm and the penis will become limp and she will be left without an orgasm. However, if he rests for a few minutes she may be able to stimulate him again and an orgasm obtained for her. It is not common for him to be unable to obtain an orgasm the second time. Some men cannot even cause an erection after the orgasm. Some men are fortunate enough to retain an erection after orgasm or ejaculation of sufficient strength to continue with the act and give the orgasm to his wife. This is not as satisfactory, however, as when the penis is at its full erection before ejaculation. "In some women where the main center of stimulation is at the clitoris rather than sep-

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1. Long, "Sane Sex Life and Sane Sex Living", p. 67-69.

arated into two centers the clitoris and cervix, the penis may be manipulated in shub a manner that he receives little stimulus while she is very highly stimulated. This may be done by the woman directing the penis with her hands which is very pleasing to the husband but does not cause an orgasm. If she will cause the slightest pain in the penis it will deaden the nerve centers in the penis and no orgasm will occur until this pain is relieved. This is not true of all men since some men have to have some pain in connection with coitus to receive an orgasm, but these are not normal. In some men the prepuce, or covering skin of the head of the penis, can be drawn down over the head during this first titillation of the clitoris and thus reserve the greater stimulus for the time when the penis will be thrust into the vagina in a mad rush for the orgasm along with the female orgasm which is now properly timed.

There are other women who choose to have the clitoris and the cervix and the walls of the vagina stimulated all at one time. In this case the penis will be forced in and out a few inches taking care not to disengage the members. Others will find it more advantageous to disengage the penis and have it strike the clitoris several times then plunge to the depths of the vagina striking the cervix, and again repeating the movements.

"Should this activity on the part of the man tend to produce his orgasm too soon , let him remain as quiet as possible, with the penis in as far as it will go, its base pressing against the clitoris. Then, while he lifts himself above his wife let

her move about with a circular or up and down motion in such a way as to continue the stimulation of the clitoris and thus bring on her climax. When she feels it near at hand she should let her husband know and they can unite in the last thrilling paroxisms of joy. When both orgasms have taken place they should remain in affectionate embrace until the parts have returned to their normal unexcited state. Then the penis may be withdrawn and both parties are ready for a restful sleep. "(1).

Robie gives some good advise inthis part of coitus. "The clitoris is the organ, in a woman, which would have been a penis had she developed into a man instead of a woman. It has the same possibilities of erection and sensation. .....This little organ is usually not larger than a bean, and it may be difficult to locate unless it is excited and erect." See chart of sex organs. ".....The fact that this organ is situated a little above the vaginal opening in so e women renders it necessary for the husband to know its exact location and conduct himself accordingly. It is a good rule that husband and wife in intercourse so tilt their hips that the upper part of the vagina and the structures just above it are always in firm contact with the penis."(2).

The cervix is also a very important matter in the sex relation.(see chart) This is located at different places in different women. But usually it lies at the end or near the end of vagina. It may point in most any direction depending upon

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1. Butterfield, "Marriage". p. 39.
2. Butterfield, "Marriage". p. 33 (Quoted from Robie, Sex and Life)

the position of the uterus. This small neck of the uterus called the cervix is very sensitive and can be felt with the finger. In the act of coitus this should be stimulated by the male organ. If its location is discovered and the wife will tell the husband when it is being stimulated then the orgasm can be produced with much more rapidity and pleasure.

Coitus Reservatus. The nerve reaction in normal coitus is as follows: There are three sources of stimuli which send messages into the ejaculation center. First there is the cerebrum which is the thought process in the brain which sends its message to the erection center, and in turn the message is relayed on to the muscles of the penis. Along with this stimulus from the cerebrum the seminal vesicles which if full send out furthur stimuli to the erection center which in turn is relayed both to the cerebrum and to the penis. The penis in normal coitus sends stimuli back to the erection center. Then there is a continual pouring in of nerve stimuli into this erection center and it in turn sends messages to the ejaculation nerve center which when sufficiently stimulated sends a message to the seminal vesicles and the ejaculation and orgasm are produced. (1).

With this mechanism in mind we can see if we lesson any one of the sources of stimuli then the orgasm will be retarded, which would be more congeniel with the desires of the wife. The mental is the easiest source of stimuli to regulate. If the man fixes his attention upon something else other than coitus he may be

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1. Further reference see Huhner, "Disorders of the Sexual Function) page

able to retard these stimuli from the cerebrum. The Turks are masters in this particular art. They can hold erection for hours and not have an orgasm. They turn to philosophy and smoking to divert their attention. They take pride in giving their wife as many orgasms as she desires. And some of the missionaries from America find that it is considered honorable if the women can satisfy their husbands many times in one night. Maybe this is because these particular wives do not receive an orgasm and are continually seeking it. The average man can concentrate upon the upper nerve centers of the woman which he loves to arouse and thus divert his mind away from the penis andlet the woman do that part of the job having once placed him in the proper position.

Another peculiar phenomenon about this nerve center is that it has the ability to relax the minute the stimulus from the penis and cerebrum are cut off either by inactivity or by pain. However, the penis should not be injured by foolishly tying something around it at the base thus putting a terrible strain upon the blood vessels, neither should it be struck as it may be broken,as has happened in very rare cases.

The action of the female organs is just the opposite to that of the male in respect to relaxation. If the penis is retained within the vagina then the sexual passion rises continually preparing for the time when both can rise together for the climax. This fact is often taken advantage of by some when they fall asleep with the organs engaged. After an hour or so upon awaking the woman may find herself in a high state of sexual

excitement, which is just the time for intercourse. Don't worry about the man being in tune,--by a little handling of the male organ by the wife he will awaken ready for the embrace. The organs need not have remained together this whole period of sleep but contact between the two should have been most intimate in love's embrace.

Taking Dr. Huhner's theory of coitus interruptus where the seminal vesicles only partially empty themselves due to retarded stimuli at the time of ejaculation, some may find it advisable to have one small ejaculation at the beginning and after a few minutes have a complete ejaculation. The seminal vesicles being only partially filled would not send such a strong stimulus to the ejaculation center as in the first case where they were overfilled. Some may find that intercourse at shorter intervals would prove more successful since these vesicles would not become so congested. It must be remembered, however, that under stimulation they make their fluid much faster. The average woman finds greater delight in having intercourse at certain times of the month and during this time once a night is not too often if the husband can stand it, then during the other part of the month let intercourse come at greater intervals.

Dr. Long in his discussion of coitus reservatus makes it a practice in it self where the ejaculation does not occur and the woman does not receive an orgasm, but both parties stop just short of the same. He advises this to be practiced at those times in the month close to menstruation but he fails to take into consideration that the ejaculation, due to sexual stimulation the night before which fills the seminal vesicles, may come at

a later time as a pollution,which may impregnate the woman.

Dr. Talmey and Dr. Malchow advise delaying the ejaculation in this way but not in practicing it as Long suggest.

"If, as is often the case, his orgasm should come before that of his wife, he should not remove his penis, but should allow it to remain in the vagina, at the same time, with kisses and caresses, fan his wife's excitement until she has had her orgasm." (1).

"Where nothing else can be done, Rohleder considers it perfectly proper for the husband to resort to titillation of the clitoris during coitus for this purpose. (1). Dr. Huhner goes on to tell how it might not be the most asthetic, but when the orgasm cannot be reached in any other way it is highly preferable, to not receiving it at all. Some have found that the penis can be left in the vagina during this titillation as Dr. Huhner suggests either before or after the ejaculation, but preferably before the penis has lost its vogor with ejaculation.

As to the ill effects of coitus reservatus Havelock Ellis cites the Oneida community in Vermont where for many years coitus reservatus,to the point of no ejaculationon the part of the man, was practiced with no ill effects.(2). Dr. Ellis himself agrees with those who object to this practice in some cases. "This is probably true of extreme and often repeated cases of indefinite prolongation of pronounced erection without detumescence,

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2. Havelock Ellis, "Studies in the Psychology of Sex", pp.552 Vol.VI.207.
1. Huhner. 178 & 207
2. Ellis. vol. VI P. 552

but it is not true within fairly wide limits in the case of healthy persons."(1). "In modern times it is occasionally practiced, without any theory, and is always appreciated by the woman, while it appears to have no bad effects on the man. In such a case it will happen that the act of coitus may last for an hour and a quarter or even longer, the maximum of the woman's pleasure not being reached until three-quarters of an hour have passed; during this period the woman will experience orgasm some four or five times, the man only at the end. It may occasionally happen that a little later the woman again experiences desire, and intercourse begins afresh in the same way. But after that she is satisfied, and there is no recurrence of desire."(1). It may be stated that this method is very congenial for those who work very hard and have to set aside a time for rest previous to intercourse in order to gain the greatest enjoyment from the relation.

"Men who think themselves unable to postpone the orgasm will find that the reverse of the ordinary position will help them greatly. A man should never be satisfied until his wife is completely satisfied. Many a man soon recognizes that in his wife's complete satisfaction is his profoundest enjoyment. There is no doubt that to this is due her ability to retain health and youthfulness." Dr. Robie does not agree with the Oneida Community practice because of induced impotency from this practice. He further thinks that the men often slipped but did not confess the fact before the high judge of the Community. Dr. Robie gives one spicy sentence here on the art of love,"The brilliancy and sparkle and solicitude that a wife cheerfully accords to her husband's men friends or to strangers would often keep him smiling and faithful all the

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1. Havelock Ellis "Studies in the Psy, ofSex", Vol. VI. p.552-4.

days of his life."(1).

It is quite common and natural for the woman to receive a much more thrilling orgasm the second or third time than the first orgasm especially if there is no ejaculation of the male before this time. "Some women must have two or more orgasms in order to attain the satisfaction that comes to a man with one, but this requirement is by no means an impossibility to the husband whose first thought is for his wife's happiness; rather will he increase his own in seeking hers." (2). Dr. Malchow also holds the same view, as well as many other authorities upon the subject. (3)

The Fourth Part of Coitus. Orgasm is usually applied to the climax of the sex relation in the woman, however, it can be applied also in the case of man. For the description of these orgasms see page 21ff.

Orgasm.

"Talmey (New York Medical Journal, June 23,1917) observed an orgasm while examining a case where the cervix was found to be of normal consistency, and the external os was just passable for a uterinee sound. Suddenly the cervix became red, congested, and soft, and the sound within the uterine cavity began to execute certain movements, resembling pendulum swings. The os opened so wide as to admitt the index finger besides the sound, and the cervical lips made three gasps, each time drawing the lips within the canal. After a few seconds the paroxysm was over." Beck (St. Louis Medical and Surgical Journal, Sept. 1872 p.449) also describes a similar experience. (4) The reactions were the same.

Reaction. (5).

Dr. Malchow explains the same

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4. Talmey, "Love", p. 88
5. Malchow, "The Sexual Life", p. 136.
6. "Modern Marriage, p. 15.

1. W.F. Robie "Rational Sex Ethics" – P 215
2. Sherwood Eddy "Sex & Youth" – P 197
3. Malchow "The Sexual Life" P 136
4. Talmey – "Love" P 88
5. Malch The Sexual Life P 136

"The fact has been established beyond the shadow of a doubt that propagation is greatly facilitated by the suction-movements of the uterus during the orgasm."(1).

It is plain to see why douching would be useless if the male had an orgasm before or at the same time as that in the female for the spermatozoa would be drawn up into the uterus where the douch could not reach them. Therefore in those cases where douching would be of any use in preventing conception would be those where the woman had no orgasm or where she had an orgasm before that of her partner. The use of supositories after coitus would come under the same rule.

"'Very many women, experience a sexual orgasm accompanied by very intense voluptuous sensations; others, on the contrary, appear entirely devoid of sensation; and some, again have only a disagreeable and painful sensation. Many women excrete, at this moment of most intense sexual pleasure; a large quantity of mucus, but the majority do not exhibit this phenomenon. In reference to all these phenomena, there are perhaps no two women who are precisely similar.'"(2).

"The impulses proceeding from the congested nerve centres are confused. There is an indescribable disorder both of motion and ofdsensation; the extremities are affected with convulsive twitchings, and may be either moved in various directions or extended straight and stiff; the jaws are pressed together so that the teeth grind against each other, and certain individuals are affected by erotic delirium to such an extent that they will

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1. Talmey, "Love". p.68.
2. Iwan Bloch M.D., "The Sexual Life of Our Times"In its Relations to Modern Civilization."Rebman Limited, 129 Shaftenbury,London. 1909. page 49.

seize the unguarded shoulder, for instance, of their partner in the sexual act, and bite it till the blood flows. '" (1). Dr. Bloch says that this biting is quite a common thing.

"Three powerful contractions of the vagina, alternating rhythmically with the dilatations occuring ~~the~~ in orgasm, grasp the glans penis tightly, and induce a copulation of the male urethral orifice with the os uteri externum, and the enlargement of the latter orifice facilitates the entrance of the semen."(2).

Sherwood Eddy estimates that 73 percent of the women who have had early sex training receive an orgasm while only 42 per cent receive an orgasm of those who held sex training as taboo.(4). 97

"Experience will teach the husband to watch for and to recognize in his beloved the approach of the culminating ecstasy. Not until this point is attained may he realease his own emotions from control so that both together at the same moment may yield themselves for the final ecstatic flight."(3).

Positions For Coitus. There are many positions which are perfectly proper for intercourse and some of them will be found congeniel by some while others will be prefered by other people. No position which gives to the couple a maximum pleasure is improper. Since the science of procreation rests to some extent upon the congeniality of the act of coitus I hope that the following descriptions may be of assistance in those cases of partial sterility. May it be stated here that nothing which makes for congeniality

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1. Bloch, "Sexual Life Of Our Times", p. 48 (Quoted from Raubaud the French physician)
2. Bloch, "Sexual Life of Our Time", p. 50.
3. Margaret Sanger, "Happiness In Marriage" p. 142.
4. Eddy. 97

is vulgar except to the non scientific mind.

When the penis is too long for the vagina let the following position be used as described by Long. "Instead of taking the position for coitus which has already been described"--(man above)"the wife on her back and the husband over and above her--let this be done: Let the husband lie on his left side, or partly on his left side and partly on his back, facing his wife, his left leg drawn up so that the thigh makes an angle of 45 degrees with the body, and the knee bent at about the same angle. Now let the wife, lying on her right side, place her right hip in the angle made by her husband'sleft thigh and his body, so that his left leg supports her hips, by being under them; put her right leg between his legs, her left leg over his right leg, right arm around his neck and her left arm across his body under his right arm. His left arm should be placed around her waist from below, and his right arm free to move over her body, as he may choose. Now in this position, the wife rests easily and naturally, while the husband will be perfectly comfortable, and can maintain the position much longer, whithout tiring, than he could were he over and above his wife. A moment's consideration will disclose the fact that this position has many points in its favor, beyond that of the man-superior form. "(1).

"A very desirable position for some people, especially when the husband is tall and the wife is short, or when his organs are unusually large, is that in which the man lies par-

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1. Long, "Sane Sex Life and Sane Sex Living" p. 97ff.

tially on one side while the wife lies with her back to him, in his arms. After the introduction of the penis into the vagina, which is easily accomplished if the wife separates the vulva, or lips, with her hands, they may continue to lie on the side where they began, or turn so that the wife is above him."(1). This position is not likely to stimulate the clitoris with the penis, since the clitoris is towards the front of the opening. This position may prove successful for some in case the ejaculation of semen comes before the female orgasm and titillation of the clitoris is resorted to. In case the organ is too large it may be found advisable to cause an ejaculation of the male before an entrance is made into the vagina since the penis will then be much smaller and not so rigid. Other positions,than that used normally may be used to good effect after ejaculation.

"Ovid describes (end of B,.kkk of the Ars Amatoria) what he regards as agreeable variations, giving the preference, as the easiest and simplest method, to that in which the woman lies half supine on her side. Perhaps, however, the variation which is nearest to the normal attitude and which has most often and most completely commended itself is that apparently known to Arabic erotic writers as Dok el arz, in which the man is seated and his partner is astride his thighs, embracing his body with her legs and his neck with her arms, while he embraces her waist; this is stated in the Arabic "Perfumed Garden" to be the method preferred by most women." (2).

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1. Butterfield, "Marriage". 36. (Quoted from Robie,"Sex and Life")
2. Havelock Ellis, "Studies in the Psy. of Sex",Vol.VI.p.556.

" "The other most usual variation is the inverse normal position in which the man is supine, and the women adapts herself to this position, which permits of several modifications obviously adventageous, especially when the man is much larger than his partner.....it enables her to obtain a better adjustment and greater control of the process, and so frequently to secure sexual satisfaction which she may find difficult or impossible in the normal position."(1). "It is well recognized by erotic writers, however, that women may sometimes take a comparatively active part. Thus Vatsyayana says that sometimes the women may take the man's position, and with flowers in her hair and smiles mixed with sighs and bent head, caressing him and pressing her breasts against him, say:'You have been my conqueror; it is my turn to make you cry for mercy.'"(2).

According to Andre Tridon sometimes the woman is of a temperament that she has to feel superior to her husband and play the active part in order to gain satisfaction in intercourse. In this case she should take the upper possition. Often the wife wishes to play the mother role and in this she can gain a state of sexual excitemtnt which she can obtain in no otherway. (3).

"There are good reasons why in many cases this position (Quadrupedal) should be desirable, more especially from the point of view of women, who indeed notinfrequently prefer it. It must be always remembered, as has already been pointed out, that in the progress from anthropoid to man it is the female, not the male, whose method of coitus has been revolutionized. While, how-

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1. Havelock Ellis, "Studies in the Psychology of Sex."p.556.
2. Same as (1), page 538.
3. Andre Tridon, "Psychoanalysis and Love",p.71.

ever, the obverse human position represents a psychic advance, there has never been a complete physical readjustment of the female organs to the obverse method. More especially, in Adler's opinion (op.cit.,pp.117-119), the position of the clitoris is such that, as a rule, it is more easily excited by coitus from behind than from in front. A more recent writer, Klotz, in his book Der Mansch ein Viervussler(1908), even takes the too extreme position that the quadrupedal method of coitus, being the only method that insures due contact with the clitoris, is the natural human method. It must, however, be admitted that the posterior mode of coitus is not only a widespread, but a very important variation, in either of its two most important forms; the Pompeiian method, in which the woman bends forwards and the man approaches behind, or the method described by Boccaccio, in which the man is supine and the woman astride. " (1).

"...The Indians, according to Iwan Bloch, recognize altogether forty-eitht different positions; the Ananga Ranga describes thirty-two main forms. The Mohammedan "Perfumed Garden" describes forty forms, as well as six different kinds of movement during coitus. The Eastern books of this kind are, on the whole, superior to those that have been produced by the Western world, not only by their greater thoroughness, but by the higher spirit by which they have often been inspired." (1).

"Some of the positions which have to be resorted to, any of which are perfectly healthful and legitimate, if necessary for the

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Havelock Ellis,"Studies in the Psy. of Sex."Vol.VI,p.556.

attainment of mutual pleasure and orgasm, are as follows; the husband above, either upon his elbows and knees or lying flat, his legs either outside his wife's or between them, or both around either one of hers; the wife above, assuming any of the positions which were mentioned with the husband above; lying on either side, facing each other, with legs in any comfortable position, or lying on either side with the wife's back to her husband; or with the husband lying on his back and the wife sitting upon him and facing him or the reverse. Other positions are in use, but these are the most common. The position is immaterial if the satisfaction of both parties is complete. I wish to emphasize this because I have frequently found that many couples who had lived long years together, during which the wife had never been completely satisfied, have adhered strictly to the one so-called classical position (the husband above and astride), and have thought that any other position was immodest, injurious, or in some unexplainable way unorthodox."(1).

"I make brief mention of a few points commonly overlooked." ...complete orgasm, wife always frank..."If, as sometimes happens, he is unable to defer his own orgasm till she is ready, and he is unable to repeat the act immediately, and she, after the termination of intercourse, continues in a state of unsatisfied desire, he should not hesitate to relieve her by manipulating the clitoris until she has an orgasm, or by bringing this about with his finger in the vagina. Sometimes the wife can accomplish this better herself, in which case she should be encouraged to do so. Very often a

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1. Butterfield, "Marriage",p.34 (Quoted from Robie,"Sex and Life").

perfectly normal woman has no desire on a particular hour, day or week, and her husband's attempts at stimulation produce nothing but pain or irritation. He should not long persist in these attempts under these circumstances. If his repression had been prolonged, and his excitement did not readily subside, it would be perfectly proper for him to satisfy himself without bringing his wife to the climax if she agreed to this and it was not unpleasant for her; or in the latter case it would be perfectly proper for her to relieve him by artificial means. " (1).

"The in and out motions of intercourse should be made from the hips, and by tilting the pelvis, and not by lifting the whole body. I have known men who had been long married to be very awkward about this. Many women, from ignorance or modesty, always fail to perform properly their part of the sexual act, so far as the movements are concerned. Both parties should press forward at the same time and draw back at the same time. The wife should follow her inclinations as to the force, distance, or rapidity of the in and out motion, and the husband should take his cue from her and do exactly as she does, except when one party is nearer the orgasm than the other. In such case it is proper for that one to lie supine while theother party continues the movements until he or she has caught up."(1).

In the man-superior position, Long gives these helpful suggestions. "If the husband will keep his penis in such position that it presses against the upper part of the vulva, that is against the clitoris this will greatly aid in bringing her to the climax. If, as a variation from this, the organs can be

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1.Butterfield,"Marriage", p. 34f (Quoted from Robie,"Sex and Life").

united to their fullest possible limit, so that the base of the penis presses firmly against the Mons Veneris, and the clitoris and labiae almost clasp their mate: and then, in this position, if the husband will maintain the status quo, while she lifts her hips hard against his, in a sort of circular motion---this will soon bring her to the climax."(1).

Some find the erect standing position pleasing but it is not advised very extensively by erotic writers.

"The horizontal position post initum favors the retention of the semen within the vagina, the erect position its expulsion. The motionless reclining position of the woman after the generative act is, hence, favorable to conception."(2).

"'Only a man of whom she feels that he has also the artist's joy in her, and who shows this joy through his timid and delicate touch on her soul as on her body, can keep the women of to-day. She will only belong to a man who continues to long for her even when he holds her locked in his arms. And when such a woman breaks out: 'You want me, but you cannot caress me, you cannot tell what I want,' then man is judged.'" (3).

The Fifth Part of Coitus. Sleep.

In the normal man the returning tide is fast and sleep naturally follows but in the woman the returning tide goes out at the same speed as it rolled in. Therefore, the true wise lover will hold close in his embrace the girl of his dreams and fondly caress her into dream land with himself. This time the carresses will be of a soothing nature.If he cannot remain awake he can at-

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1. Long, "Sane Sex Life and Sane Sex Living", p. 103-4.
2. Talmey, "Love" p. 358.
3. Havelock Ellis, "Studies in the Psy. of Sex" Vol. VI.p.540 (Quoted from "Ellen Key, Liebe und Ehe,p 92).

least fall to sleep with her in his arms. She may desire to have his back toward her with his head upon her arm , the pillow taking most of the weight. If she does not wish this fondling and quiet whispers of love, someone has made a miserable failure in the art of love.

"By terms of endearment, gentle caresses and other expressions of loving fellowship he will usually find it possible to soothe her into sleep as one does a wakeful babe. "(1).

"I cannot too strongly warn them against such lack of reverence and to make their embrace of good-night or farewell lingeringly tender and brimming with reassurances of undying love." (2).

Time of Coitus.

There is no time day or night when coitus should not be a spring of joy if both parties feel the urge and time and place are available. It was the primitive maiden who used to build her hut of grass in the deep woods and call her lover to it after the wedding ceremony. But where ever or when ever it be let it be the overflowing of hearts in tune.

The husband may be likened unto the electric light which can be turned on day or night by simply turning the switch, but quite unlike the electric light in that he is hard to shut off. The woman is not like this but her sexual feelings come and go like the tides of the sea reaching the high water mark around the menstrual period, yet like the tide it comes and goes between the high and the low. These lesser tides are determined

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1. Butterfield, "Marriage", p. 40.
2. M. Sanger,"Happiness In Marriage" p. 146.

not so much by the moon as by the husband. If by his art of love he can not bring in the tide of passion then he must wait for the tide to "come in."

"Authorities and investigators are not in complete agreement upon the point when desire rises to its highest point. This undoubtedly varies in different women, according to age, climate and general environment. If fatigued, distressed or maladjusted and unhappy in her marriage relations, the full natural wave-like rhythm of desire is inhibited and often distorted. The desire curve has no doubt been flattened out by excesses or sexual demands made upon the woman by ignorant but well-meaning husbands. Seldom does the married woman have the full control of her sex life, or having this, she is influenced by false suppositions concerning her husband's sexual needs, as well as by the custom of the ages of 'wives submit yourselves unto your husbands.'"(1).

"Intelligent husbands should make a thoughtful study of the inner nature of their wives and seek to carry to consummation their own amorous desires on the risi g movement of this wave instead of with its fall. If they doubtHis, they may find themselves buoyed onward with the great sweep of a natural and possible cosmic rhythm, instead of fighting against a falling movement, when they find themselves in the position of a swimmer struggling against the tide." Mrs. Sanger suggests that a record should be made by the couple trying to determine this rising tide. Then when once discovered make this a time of

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1. Margaret Sanger,"Happiness in Marriage"p.155ff.

renewed courtship--a reliving of the honeymoon. "Often a discord that results in neurasthenia,nervous collapse and general organic disorder is the result of the conflict between the primitive cycle or rhythm and the regularity accepted by custom."

"To the objection that the habit of a monthly courtship and honeymoon between husband and wife would be to impose sexual restraint for too long a period on the man, the answer is this: most normal men, freed of that convention or self-deception which makes them hypocritically assume the position that they are always at the acme of sexual power, so would welcome this period of relaxation and passivity, and would resume the courtship with more fiery ardor if their aggressive advances were received or rejected on primitive or biological impulses rather than on legal or biblical codes."(1).

Margaret Sanger goes on to say that the rising tide of passion is not regular as the calendar but varies somewhat. Some women are quite regular while others have a more choppy wave motion. The high wave of passion comes two or three days before menstruation and again for after the menstrual flow for five or ten days. (1).

"The woman in love does not solicit by words the advances of her lover, but there is a language of the eyes whose muteness appeals and extends the invitation, and there is an intense energy behind, which is absorbed and pre-occupied in the end to be attained.....She awaits the movement of the natural aggressor, but if he fails to act, she herself essays to move, and does appear to shun, in order to entice." (2).

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1. Margaret Sanger, "Happiness in Marriage",p.156ff.
2. Malchow, "The Sexual Life", p. 59.

Sometimes the man is less passionate than the woman. Then it should be the duty of the woman to do the courting. She can do this very effectively by using her feminine charm as she used to before they were married. If the woman would remember that the man has a center of passion and would stimulate it a little even unconsciously as it were, he can be aroused to her desire. In rare cases of partial impotence the woman will have to use her body and hands inorder to stimulate the erection center, which may only come through stimulation of the penis. The husband can give her the information that is needed as in the normal case the woman has to give him the information about herself.

As a general rule the parties should be rested before the act of coitus, but this is not necessary if it is congeniel to both parties. It does act as an opiate which puts both parties fast asleep. The period after coitus should always where possible be spent in a few minutes or hours of sleep.

Coitus during Menstruation

"When a woman is menstruating she is considered'unwell' and the mental impression of uncleanness suggested by the discharge, for which there is a natural aversion, tends to inhibit free sexual congress at this time. "

"It is not so much the want of desire on the part of the woman as it is the consciousness of being unfit, or the fear of contamination or causing disgust, that prevents the proper mood for intercourse."

"Not seldom passionate women will tolerate or invite relations when there is some show of menstrual discharge and after-

wards plead ignorance of their condition and excuse their conduct with p
with profuse apologies when evidence of the bloody discharge becomes exposed. Not infrequently there will be some 'staining' when the woman believes herself to be free, for the added congestion incident to excitement and coitus enhances the flow and occasions concern, not only by reason of the natural aversion to the discharge, but by a popular belief among the laity that it is contaminating and may by contact cause disease."(1).

"It remains a good general rule to abstain from sexual intercourse during the menstrual period, but in some cases there may be adequate reason for breaking it. This is so when desire is especially strong at this time, or when intercourse is physically difficult at other times but easier during the relaxation of the parts caused by menstruation. It must be remembered also that the time when the menstrual flow is beginning to cease is probably, more than any other period of the month, the biologically proper time for sexual intercourse, since not only is intercourse easiest then, and also most gratifying to the female, but it affords the most favorable opportunity for securing fertilization."(2).

Dr. Konikow advocates intercourse during this period for impregnation in some women. She says there is no reason why intercourse should not be indulged in at this time if the woman desired it and would take a douche before the act to wash the parts clean. It would be needless to say that a cold water or extremely hot douche before or after would be very inadvisable.

Most of the writers on the subject of sex do not commit

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1. Malchow", The Sexual Life", p. 161.
2. Havelock Ellis, "Studies in the Psy. of Sex." vol.VI.p.533.

themselves upon the subject. Margaret Sanger leaves it entirely up to the woman when she shall have intercourse after menstruation. (1). It is understood by long custom that there shall be no intercourse during this period and inmost cases it is complied with. The whole question is a question for the woman to decide and not the man.

Intercourse during Pregnancy. "I find that all the English women I have interrogated are of opinion that the sex embrace is permissible in the earlier months of pregnancy, that it is desired by them, and that it has no ill effects upon the unborn child."(2).

During this period the inhibitions of fear of pregnancy are taken away and for the first time the woman can enjoy to her hearts desire the act of coitus. There are other inhibitions, however, which rise at this time because of superstition and religious training which make it a sin to have intercourse at this time. The modern woman is not ruled by the false customs of the past and finds a new relation at this time which she never knew before. It is true that some women do not enjoy coitus at this time because of illhealth due to pregnancy. Perfumes will probably have to be used to take away the odor of the semen which may be offensive at this time. To many girls there is burning within her a new fire for a child is nestled within her, and all the world is aglow with new life. This is due to the fact that her husband has mastered the art of love not only in coitus but in living every

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1. M.Sanger, "Family Limitation",p.21.
2. Gallichan, "The Psy of Marriage", p. 150.

hour of the day. If she has this kind of a husband then she will desire him in this deeper embrace.

"The simple truth, is that, if the husband and wife mutually desire each other, and both long for sex exercise during the gestation period, it is perfectly right and wise for them to satisfy their natural common wishes. "

"Of course, in such exercise, the utmost care should be taken not to press too hard u on the pelvic region of the woman, and in this regard, the word of caution needs to be heeded, as much by the prospective mother as by her mate. For, in the intensity of an orgasm, she may be tempted to crowd her body too violently against her husband, and so possible harm might result. Especially if the husband-superior position is taken during the act, he should be doubly careful not to permit the weight of his body to rest upon the enlarged part of the wife's anatomy, not in the least.

"Indeed the safest position for coitus, during pregnancy is, the woman on her back, and the man with his hips on the bed below hers, so that there is no possibility of pressure on her abdomen, which is perfectly free, in this position."

"Many pregnant women are more than usually passionate during the period of gestation. This is especially the case when the wife is happy in her condition, when she rejoices that she is on the way to experience the crown of wifehood--maternity! when such a woman desires her husband in love's embrace, it is cruel to deprive her."(1).

"It goes without saying that it would be wicked, not to say a crime, for a husband to compel his wife to engage incoitus during pregnancy against her will."(1).

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1. Long,"Sane Sex Life and Sane Sex Living" p. 138ff.

Butterfield agrees with Long in the preceeding paragraphs, and adds the following: "During the last two months it is undoubtedly better to abstain altogether in order to be sure not to injure either the child or the woman. The week when the second or third omitted periods are due is the time for avoidance of intercourse, automobiling, or travel, as miscarriage is sometimes the result, particularly if the womb is bent or misplaced." (1).

Havelock Ellis would advise intercourse during this period.(2).

Dr. Robie has consulted many leading physicians and most of them agree with him that intercourse is beneficial during pregnancy up to the last two months if done carefully. "...restricted within reasonable limits and resorted to rarely and with great caution during the last month or two, it prevents much infidelity, is beneficial tothe mother, is not harmful, and perhaps beneficial tothe child. Several have expressed the opinion, and I share it with them, that there is some way in which a thoroughly robust father communicates some of his strength and vitality to his child through the mother long after she has conceived. At present there is no scientific proof of this."(3).

"When he discovers a time when intercourse is agreeable to her he should see to it that, without haste or undue prolongation of excitement, she is completely satisfied, always having a care during the later months especially, that no great pressure nor any violence comes tothe child through the vagina, nor to the mother or child through the mother's abdomen."(4).

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1. Butterfield,"Marriage",p.47.
2. Havelock Ellis,"Studies in the Psy. Of Sex."vol.VI.,p.16ff.
3. Robie,"Rational Sex Ethics"183f.
4. Robie, "Rational Sex Ethics",p.177f.

Coitus after Confinement. "After confinement intercourse should not be indulged in for a period of from two to twelve weeks, depending entirely on the two factors ofdesire in the women and her local physical condition." (1).

After childbirth the husband must realize that the vagina has been under a great strain and probably laceration of the uterus andthen cervix. These do not heal quickly and even they are extremely tender for weeks or months afterwards. Even in normal delivery the cervix is tender for months and it is not uncommon for the wife to feel pain for six months afterwards, during coitus. This will take all the pleasure from the act and probably prevent the wife obtaining an orgasm. At these times the woman may have normal or intense passion but upon the slightest attempt at entrance the passion is lost. During this period coitus should be carried on externally. The wife having her legs together the husband may take the upper or lower,or side position as the wife desires, and the penis is thrust between the thighs in such a manner that the clitoris is stimulated but the penis does not enter the vagina.

The desires and requests of the wife should be strictly obeyed as long as they do not interfere with the doctor's orders.

Frequency of Coitus. The law givers of the past ages have been much interested in this subject of the frequency of intercourse, Zoroaster said once in nine days, Mohomet once a week, Salon prescribed three times a month, the Talmud recommends twice a week for working men and once a week for scholars, Luthur fixed once a week as the limit, the Hindus say about the same, Hallersaid not oftener than twice a week. "Acton said once a week, and so also Mammond, even

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1. Robie, "Rational Sex Ethics",p.218.

for healthy men between the ages of twenty-five and forty. Furbringer---fifty to one hundred single acts in the year. Forel advises two or three times a week for a man in the prime of manhood, but he adds that for some healthy and vigorous men once a month appears to be excess. Mantegazza....two or three times a week,.....Guyot recommends every three days."(1). Havelock Ellis himself holds that no regular limit of indulgence can be set, for individuals vary so much in their desires and health, and at some times sexual intercourse has to be denied almost entirely because of some physical trouble and during this period there is too much of a strain if a regular habit is formed.

I like Margaret Sanger's interpretation of this better than any of the others, however, she is just voicing the same opinions of many other writers of the day. They will not come out and commit themselves definitely because the needs are so variable. (see page 145 -7 of this thesis).

"The powers vary greatly in different persons, and also at different periods of life. Inaction hastens decline."(2)

Dr. Long says, "just as often as is desired by both parties, but never to the point of weariness or depletion of the physical, mental, or spiritual body.---a man will go to pieces much faster than a woman who is over-taxed." This is due to the loss of fluid in the male each time of ejaculation.(3). Some men are over indulging if they have intercourse more than once a week,

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1. Havelock Ellis, "Studies in the Psy. of Sex."p. 534 vol.VI.
2. Gallichan, "The Psychology of Marriage",p. 147.
3. Long, "Sane Sex Life and Sane Sex Living",p.115.

and some women are also so constituted. (Long 117) (1).

Margaret Sanger says, "Never be ashamed of passion. If you are strongly sexed, you are richly endowed....To be strongly sexed means that the life force can suffuse and radiate through body and soul.... It means driving power, ambition, attainment, but on condition that this great dynamic power be mastered and directed, stored and controlled, instead of dissipated and misspent." (2).

Talmey gives as the frequency of intercourse between the ages of thirty and forty twice a week, under thirty, three times a week, and over forty less frequent. When the act is restful it is beneficial and this is the guide along with desire. (3). Eddy and Popenoe agree with the last statement.

Dr. Huhner would advise those to be examined who have the desire oftener than once a night or beyond their endurance. Sometimes the urethra can be treated and the congestion relieved. (4).

Krafft-Ebing brings out the interesting fact that the thoughts and lives of the individuals have a great deal to do with their sexual desire. Those in the city have greater sexual desire than those in the country because of suggestions received in the city.(5).

Malchow points out that those mentally weak are those who are most likely over indulgent and this causes neurosis. (6).

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1. Havelock Ellis, "Studies in the Psy. of Sex. " vol. VI.p.537.
2. M. Sanger,"Happiness in Marriage" p. 21.
3. Talmey,"Love",p.351.
4. Max.Huhner,"Disorders of the Sexual Function",Chap. IX.
5. Krafft-Ebing,"Psychopathia Sexualis",p.48.
6. Malchow, "The Sexual Life" p. 190.

"In one case almost daily depletion of the sexual organs is consistent with well-being, while in another of the same family one to three thorough sexual activities monthly seems adequate." (1).

"The physical symptoms of immoderation in men are loss of weight, flabbiness of tissue, pains at the back of the neck, and lassitude. There are often depression of mind, nervous symptoms, anxiety, and some impairment of mental energy. Men are more liable than women to suffer from immoderate sexual intercourse." (2).

After a woman has passed the period of menopause she may loose her sexual desire if it has been abused but if she has been normal to this time and enjoyed a natural sexual life she will find just as much or more pleasure in this period of her life.(3).

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1. Malchow, "The Sexual Life",p.201.
2. Gallichan,"The Psychology of Marriage",p.147.
3. Long,"Sane Sex Living, and Sane Sex Living",p.123.

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